STS Disc Listing

Mesocycle 1

1
Meso 1
Week 1
50 min.
Chest, Shoulders and Biceps

2
Meso 1
Week 1
56 min.
Back and Triceps

3
Meso 1
Week 1
53 min.
Legs

4
Meso 1
Week 2
55 min.
Chest, Shoulders and Biceps

5
Meso 1
Week 2
58 min.
Back and Triceps

6
Meso 1
Week 2
56 min.
Legs

7
Meso 1
Week 3
55 min.
Chest, Shoulders and Biceps

8
Meso 1
Week 3
56 min.
Back and Triceps

9
Meso 1
Week 3
55 min.
Legs

10
Meso 1
Week 4
56 min.
Chest, Shoulders and Biceps

11
Meso 1
Week 4
53 min.
Back and Triceps

12
Meso 1
Week 4
54 min.
Legs

Mesocycle 2

13
Meso 2
Week 1
65 min.
Chest, Shoulders and Triceps

14
Meso 2
Week 1
48 min.
Legs

15
Meso 2
Week 1
54 min.
Back and Biceps

16
Meso 2
Week 2
64 min.
Chest, Shoulders and Triceps

17
Meso 2
Week 2
47 min.
Legs

18
Meso 2
Week 2
60 min.
Back and Biceps

19
Meso 2
Week 3
69 min.
Chest, Shoulders and Triceps

20
Meso 2
Week 3
49 min.
Legs

21
Meso 2
Week 3
59 min.
Back and Biceps

22
Meso 2
Week 4
43 min.
Chest, Shoulders and Triceps

23
Meso 2
Week 4
50 min.
Legs

24
Meso 2
Week 4
43 min.
Back and Biceps

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STS Disc Listing

Mesocycle 3

25 Meso 3 Week 1 68 min. **Chest and Back**	**26** Meso 3 Week 1 46 min. **Plyo Legs**	**27** Meso 3 Week 1 61 min. **Shoulders, Biceps and Triceps**	Optional Routine	**37** Meso 3 Week 1 63 min. **Legs – Squat Rack**
28 Meso 3 Week 2 65 min. **Chest and Back**	**29** Meso 3 Week 2 50 min. **Plyo Legs**	**30** Meso 3 Week 2 61 min. **Shoulders, Biceps and Triceps**	Optional Routine	**38** Meso 3 Week 2 62 min. **Legs – Squat Rack**
31 Meso 3 Week 3 68 min. **Chest and Back**	**32** Meso 3 Week 3 48 min. **Plyo Legs**	**33** Meso 3 Week 3 61 min. **Shoulders, Biceps and Triceps**	Optional Routine	**39** Meso 3 Week 3 62 min. **Legs – Squat Rack**
34 Meso 3 Week 4 68 min. **Chest and Back**	**35** Meso 3 Week 4 49 min. **Plyo Legs**	**36** Meso 3 Week 4 61 min. **Shoulders, Biceps and Triceps**	Optional Routine	**40** Meso 3 Week 4 62 min. **Legs – Squat Rack**

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Sample Workout

Mesocycle 1 Sample Workout

Week #1	Monday	Disc 1	Chest, Shoulders and Biceps	50 min.
	Wednesday	Disc 2	Back and Triceps	56 min.
	Friday	Disc 3	Legs	53 min.
Week #2	Monday	Disc 4	Chest, Shoulders and Biceps	55 min.
	Wednesday	Disc 5	Back and Triceps	58 min.
	Friday	Disc 6	Legs	56 min.
Week #3	Monday	Disc 7	Chest, Shoulders and Biceps	55 min.
	Wednesday	Disc 8	Back and Triceps	56 min.
	Friday	Disc 9	Legs	55 min.
Week #4	Monday	Disc 10	Chest, Shoulders and Biceps	56 min.
	Wednesday	Disc 11	Back and Triceps	53 min.
	Friday	Disc 12	Legs	54 min.
Week #5	Rest Week	Take Week #5 off to enjoy an active recovery week.		

Mesocycle 2 Sample Workout

Week #6	Monday	Disc 13	Chest, Shoulders and Triceps	65 min.
	Wednesday	Disc 14	Legs	48 min.
	Friday	Disc 15	Back and Biceps	54 min.
Week #7	Monday	Disc 16	Chest, Shoulders and Triceps	64 min.
	Wednesday	Disc 17	Legs	47 min.
	Friday	Disc 18	Back and Biceps	61 min.
Week #8	Monday	Disc 19	Chest, Shoulders and Triceps	69 min.
	Wednesday	Disc 20	Legs	50 min.
	Friday	Disc 21	Back and Biceps	59 min.
Week #9	Monday	Disc 22	Chest, Shoulders and Triceps	43 min.
	Wednesday	Disc 23	Legs	50 min.
	Friday	Disc 24	Back and Biceps	43 min.
Week #10	Rest Week	Take Week #10 off to enjoy an active recovery week.		

Mesocycle 3 Sample Workout

Week #11	Monday	Disc 25	Chest and Back	68 min.
	Wednesday	Disc 26	Plyo Legs	46 min.
	Friday	Disc 27	Shoulders, Biceps and Triceps	67 min.
Week #12	Monday	Disc 28	Chest and Back	65 min.
	Wednesday	Disc 29	Plyo Legs	50 min.
	Friday	Disc 30	Shoulders, Biceps and Triceps	64 min.
Week #13	Monday	Disc 31	Chest and Back	64 min.
	Wednesday	Disc 32	Plyo Legs	48 min.
	Friday	Disc 33	Shoulders, Biceps and Triceps	61 min.
Week #14	Monday	Disc 34	Chest and Back	68 min.
	Wednesday	Disc 35	Plyo Legs	49 min.
	Friday	Disc 36	Shoulders, Biceps and Triceps	67 min.
Week #15	Rest Week	Take Week #15 off to enjoy an active recovery week.		

Mesocycle 3 Sample Optional Workout

Week #11	Monday	Disc 25	Chest and Back	68 min.
	Wednesday	Disc 37	Leg – Squat Rack	63 min.
	Friday	Disc 27	Shoulders, Biceps and Triceps	67 min.
Week #12	Monday	Disc 28	Chest and Back	65 min.
	Wednesday	Disc 38	Leg – Squat Rack	61 min.
	Friday	Disc 30	Shoulders, Biceps and Triceps	64 min.
Week #13	Monday	Disc 31	Chest and Back	64 min.
	Wednesday	Disc 39	Leg – Squat Rack	59 min.
	Friday	Disc 33	Shoulders, Biceps and Triceps	61 min.
Week #14	Monday	Disc 34	Chest and Back	68 min.
	Wednesday	Disc 40	Leg – Squat Rack	63 min.
	Friday	Disc 36	Shoulders, Biceps and Triceps	67 min.
Week #15	Rest Week	Take Week #15 off to enjoy an active recovery week.		

STS
Shock Training System

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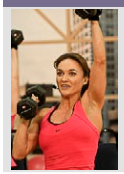
STS One Rep Max Chart

Below is a chart containing all of the exercises in STS for which you can establish a 1RM. You can easily determine the importance of each 1RM by checking the exercises rating in the chart: five stars means it is highly recommended that you establish a 1RM, while one star indicates an exercise that is not as essential to establish a 1RM. Blank lines are provided in the chart so that you can record your results, but consider using our online version of the Workout Manager (*http://www.thecathenation.com/workout*) to record this information for greater flexibility in making changes as you progress, and to automatically create your workout cards.

One Rep Max Chart

Illustration	Exercise # Rating	Exercise Name	Body Part	Weight	Reps	1RM
	621 ★★★★★	Alternating Seated Overhead Shoulder Press	Shoulders	_____	_____	_____
	178 ★★★★★	Barbell Curls	Biceps	_____	_____	_____
	326 ★★★★★	Incline Chest Flys	Chest	_____	_____	_____
	203 ★★★★	Incline Curl Alternating & Rotate at Top	Biceps	_____	_____	_____
	641 ★★★★	Incline Front Raise on Stability Ball	Shoulders	_____	_____	_____
	254 ★★	Standing Quarter Stop Curls Both Arms	Biceps	_____	_____	_____
	238 ★★	Seated Concentration Curls 1.5's	Biceps	_____	_____	_____
	687 ★★★★★	Side Leaning Lateral Raise	Shoulders	_____	_____	_____
	297 ★★★★★	Chest Flys (Flat Bench)	Chest	_____	_____	_____
	678 ★★★★★	Seated Overhead Press	Shoulders	_____	_____	_____
	224 ★★★★	Preacher Curl on Stability Ball One Arm	Biceps	_____	_____	_____

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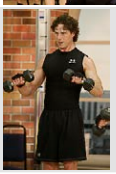
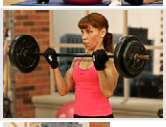
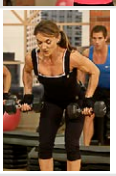
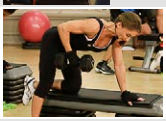
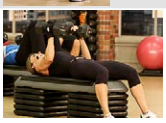
One Rep Max Chart

Illustration	Exercise # Rating	Exercise Name	Body Part	Weight	Reps	1RM
	674 ★★★★★	Seated Front Press Double Arms 1.5's	Shoulders	_____	_____	_____
	234 ★★	Reverse Dumbbell Curl	Biceps	_____	_____	_____
	645 ★★★	Incline Rear Raise on Stability Ball	Shoulders	_____	_____	_____
	181 ★★★★	Barbell Curl Wide Grip	Biceps	_____	_____	_____
	113 ★★★★	Dumbbell Rows Both Arms	Back	_____	_____	_____
	738 ★★★★★	Seated Overhead Extensions One Arm	Triceps	_____	_____	_____
	134 ★★★★★	One Arm Row	Back	_____	_____	_____
	716 ★★★★★	Flat Bench Barbell Tricep Extensions	Triceps	_____	_____	_____
	83 ★★★★★	Barbell Rows	Back	_____	_____	_____
	721 ★★★★★	Kickbacks One Arm	Triceps	_____	_____	_____
	133 ★★★★★	One Arm Horizontal Row	Back	_____	_____	_____
	108 ★★★★★	Deadlifts	Back	_____	_____	_____
	703 ★★★	Close Grip Bench Press	Triceps	_____	_____	_____

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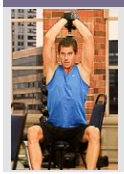
One Rep Max Chart

Illustration	Exercise # Rating	Exercise Name	Body Part	Weight	Reps	1RM
	737 ★★★	Seated Overhead Extensions Both Arms	Triceps	_____	_____	_____
	739 ★★★★	Side Leaning One Arm Overhead Extensions on Ball	Triceps	_____	_____	_____
	720 ★★★★★	Kickbacks Double Arm	Triceps	_____	_____	_____
	712 ★★★★★	Cross Body Kickbacks	Triceps	_____	_____	_____
	470 ★★★	One Leg Elevated Lunges	Legs	_____	_____	_____
	393 ★★★★	Deadlifts Wide Stance	Legs	_____	_____	_____
	474 ★★	One Leg Slide Back Lunges with Paper Plate	Legs	_____	_____	_____
	494 ★★	Side Slide Lunges with Paper Plate	Legs	_____	_____	_____
	516 ★★★★★	Squats	Legs/Squat Rack	_____	_____	_____
	402 ★★★	Front Lunge Same Leg	Legs	_____	_____	_____
	532 ★★★	Stiff Legged Deadlift on Platform	Legs	_____	_____	_____
	436 ★★	Lateral Step Ups	Legs	_____	_____	_____

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One Rep Max Chart

Illustration	Exercise # Rating	Exercise Name	Body Part	Weight	Reps	1RM
	519 ★★★★	Squats Narrow Stance	Legs	_____	_____	_____
	695 ★★★	Standing Upright Rows	Shoulders	_____	_____	_____
	177 ★★★	Alternating Standing Curls	Biceps	_____	_____	_____
	182 ★★★	Barbell Curls with Band Attached	Biceps	_____	_____	_____
	196 ★★★★★	Hammer Curl Double Arm	Biceps	_____	_____	_____
	690 ★★★	Standing Barbell Front Press 21's	Shoulders	_____	_____	_____
	717 ★★★★	Flat Bench Dumbbell Tricep Extensions	Triceps	_____	_____	_____
	140 ★★★★	Pull Overs	Back	_____	_____	_____
	110 ★★★	Double Arm Row Horizontal	Back	_____	_____	_____
	377 ★★	Alternating 45 Degree Front Lunge	Legs	_____	_____	_____
	445 ★★	Leg Press	Legs	_____	_____	_____
	473 ★	One Leg Sit 'n' Stands	Legs	_____	_____	_____

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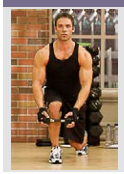
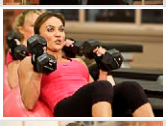
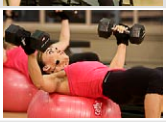
One Rep Max Chart

Illustration	Exercise # Rating	Exercise Name	Body Part	Weight	Reps	1RM
	459 ★	Low Pulse Lunges	Legs	_____	_____	_____
	372 ★★	45 Degree Lunge Same Leg	Legs	_____	_____	_____
	523 ★	Static Low End Lunge Same Leg 3/1 Count	Legs	_____	_____	_____
	694 ★★★★	Standing Overhead Press Both Arms	Shoulders	_____	_____	_____
	692 ★★★	Standing Front Raise	Shoulders	_____	_____	_____
	245 ★★★	Seated Incline Hammer Curls Both Arms	Biceps	_____	_____	_____
	236 ★★★	Seated Isolation Barbell Curls	Biceps	_____	_____	_____
	298 ★★★★	Chest Flys on Stability Ball	Chest	_____	_____	_____
	650 ★	Lateral Side to Front Combo	Shoulders	_____	_____	_____
	162 ★★★★	Straight Arm Flys Prone on Incline Bench	Back	_____	_____	_____
	144 ★	Scapular Retractions	Back	_____	_____	_____
	472 ★	One Leg Sit 'n' Slide with Paper Plate	Legs	_____	_____	_____

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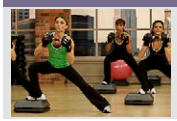
One Rep Max Chart

Illustration	Exercise # Rating	Exercise Name	Body Part	Weight	Reps	1RM
	490 ★★	Side Lunge Onto Six Inch High Step	Legs	_____	_____	_____
	478 ★★★★	Plié Squats Alternating Hand	Legs	_____	_____	_____
	468 ★	One Leg Deadlift (Toes Elevated) 3/1 Count	Legs	_____	_____	_____
	252 ★★★★★	Standing Dumbbell Curl	Biceps	_____	_____	_____
	647 ★★★★	Incline Side Raise on Stability Ball	Shoulders	_____	_____	_____
	223 ★★★	Preacher Curl on Stability Ball Double Arm	Biceps	_____	_____	_____
	319 ★★★★★	Flat Bench Press	Chest	_____	_____	_____
	324 ★★★★★	Incline Bench Press	Chest	_____	_____	_____
	675 ★★★★	Seated Front Press Alternating Arms (Elbows Forward)	Shoulders	_____	_____	_____
	673 ★★★★	Seated Front Press	Shoulders	_____	_____	_____
	620 ★★	Alternating One Arm Standing Lateral Raise	Shoulders	_____	_____	_____
	618 ★★★★★	Seated Lateral Raise Both Arms	Shoulders	_____	_____	_____
	679 ★★★★★	Seated Rear Delts	Shoulders	_____	_____	_____

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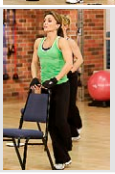
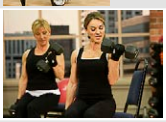
One Rep Max Chart

Illustration	Exercise # Rating	Exercise Name	Body Part	Weight	Reps	1RM
	524 ★★★★★	Static Lunge	Legs/Squat Rack	_____	_____	_____
	264 ★	Calf Raises	Legs	_____	_____	_____
	235 ★★★	Seated Alternating Curl	Biceps	_____	_____	_____
	328 ★★★	Incline Fly (Rotate Pinky In)	Chest	_____	_____	_____
	693 ★★★★★	Standing Lateral Raise	Shoulders	_____	_____	_____
	715 ★★	Double Arm Overhead Extension on Ball	Triceps	_____	_____	_____
	135 ★★★	One Legged Deadlifts	Back	_____	_____	_____
	237 ★★★★★	Seated Concentration Curls	Biceps	_____	_____	_____
	205 ★★★	Incline Curls Both Arms Rotate at Top	Biceps	_____	_____	_____
	458 ★★	Low Plane Lunges	Legs	_____	_____	_____
	489 ★	Side Lunge	Legs	_____	_____	_____
	383 ★★	Back Lunge	Legs	_____	_____	_____

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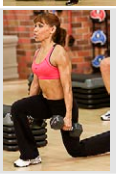
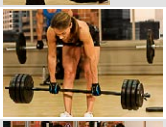
One Rep Max Chart

Illustration	Exercise # Rating	Exercise Name	Body Part	Weight	Reps	1RM
	504 ★	Sit 'n' Stands	Legs	_____	_____	_____
	204 ★★★	Incline Curls	Biceps	_____	_____	_____
	526 ★★	Step Up with Hand Weights	Legs	_____	_____	_____
	389 ★★★	Close Stance One Leg Squats	Legs	_____	_____	_____
	395 ★	Drop Side Lunge onto Step	Legs	_____	_____	_____
	384 ★	Back Lunge Alternating Off Step	Legs	_____	_____	_____
	394 ★	Drop Side Lunge on Floor into Leg Abduction	Legs	_____	_____	_____
	378 ★★	Alternating Front Lunge	Legs	_____	_____	_____
	381 ★★	Alternating Side Lunge	Legs	_____	_____	_____
	457 ★	Low Lunge/Squat Combo	Legs	_____	_____	_____
	531 ★★★★★	Stiff Legged Deadlift	Legs/Squat Rack	_____	_____	_____
	404 ★★★★★	Front Squat	Legs/Squat Rack	_____	_____	_____

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WorkoutCard

Disc 1 - Chest, Shoulders and Biceps — 50 mins

Exercises	Target Wt	Actual Wt	Target Reps	Actual Reps	OneRM	% of OneRM	Notes
Push Ups - Standard	NA		8		NA	NA	
Push Up Wide	NA		8		NA	NA	
Push Ups - Standard	NA		30		NA	NA	
Alternating Seated Overhead Shoulder Press (dumbbell)	NA		15		NA	60	
Barbell Curl	NA		21		NA	60	
Incline Chest Flys (dumbbell)	NA		15		NA	60	
Seated Rear Delts (dumbbell)	NA		15		NA	60	
Bonus Band Pulls	NA		15		NA	NA	
Incline Curl Alternating & Rotate at Top (dumbbell)	NA		15		NA	60	
Decline Pushups	NA		20		NA	NA	
Incline Front Raise on Stability Ball (dumbbell)	NA		15		NA	60	
Standing Quarter Stop Curls Both Arms (dumbbell)	NA		8		NA	60	
Prone Pushups on Stability Ball	NA		20		NA	NA	
Seated Lateral Raise Both Arms High Ends (dumbbell)	NA		6		NA	NA	
Seated Concentration Curls 1.5's (dumbbell)	NA		12		NA	60	
Straddle Pushups	NA		18		NA	NA	
Side Leaning Lateral Raise (dumbbell)	NA		15		NA	60	
Seated Curls Alternating + Both Arms (dumbbell)	NA		16		NA	NA	
Chest Flys (Flat Bench) (dumbbell)	NA		15		NA	60	
Seated Overhead Press (dumbbell)	NA		15		NA	60	
Preacher Curl on Stability Ball One Arm (dumbbell)	NA		15		NA	60	
Core Pushups - boot camp style	NA		16		NA	NA	
Seated Front Press Double Arms 1.5's (barbell)	NA		12		NA	60	
Reverse Dumbbell Curl	NA		16		NA	60	
Staggered Pushups	NA		16		NA	NA	
Incline Rear Raise on Stability Ball (dumbbell)	NA		15		NA	60	
Barbell Curl Wide Grip	NA		21		NA	60	

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WorkoutCard

Disc 2 - Back and Triceps 56 mins

Exercises	Target Wt	Actual Wt	Target Reps	Actual Reps	OneRM	% of OneRM	Notes
Lat pulldowns with band	NA		12		NA	NA	
Dumbbell Rows Both Arms	NA		21		NA	50	
Dips on chair	NA		16		NA	NA	
Straddle Pushups	NA		10		NA	NA	
Chinups	NA		12		NA	NA	
Seated Overhead Extensions One Arm (dumbbell)	NA		15		NA	60	
One Arm Row (dumbbell)	NA		15		NA	60	
T-Pull with band	NA		36		NA	NA	
Flat Bench Barbell Triceps Extensions	NA		14		NA	60	
Barbell Rows	NA		21		NA	60	
Y's with band	NA		36		NA	NA	
Kickbacks One Arm (dumbbell)	NA		15		NA	60	
One Arm Horizontal Row (dumbbell)	NA		15		NA	60	
Deadlifts (dumbbell)	NA		8		NA	60	
Close Grip Bench Press (dumbbell)	NA		15		NA	60	
One Arm press Down with Band	NA		36		NA	NA	
Chinups	NA		12		NA	NA	
Seated Overhead Extensions Both Arms (dumbbell)	NA		15		NA	60	
Barbell Rows	NA		21		NA	60	
Double Arm Rows with Band	NA		36		NA	NA	
Side Leaning One Arm Overhead Extensions on Ball (dumbbell)	NA		15		NA	60	
One Arm Row (dumbbell)	NA		15		NA	60	
Deadlifts (dumbbell)	NA		8		NA	60	
Kickbacks Double Arm (dumbbell)	NA		15		NA	60	
One Arm Band Kickbacks	NA		36		NA	NA	
Pullups	NA		12		NA	NA	
Cross Body Kickbacks (dumbbell)	NA		15		NA	60	
Lat pulldowns with band	NA		10		NA	NA	
Side Lying One Arm Pushups	NA		16		NA	NA	
Superman on Floor Arms & Legs Elevate	NA		24		NA	NA	

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WorkoutCard

Disc 3 - Legs 53 mins

Exercises	Target Wt	Actual Wt	Target Reps	Actual Reps	OneRM	% of OneRM	Notes
Walking Lunges & Plie Squats (body weight)	NA		NA		NA	NA	
One Leg Touch Down Squats	NA		15		NA	NA	
Firewalkers (band)	NA		NA		NA	NA	
One Leg Elevated Lunges	NA		6		NA	60	
Deadlifts Wide Stance (dumbbell)	NA		15		NA	60	
One Leg Slide Back Lunges with Paper Plate (dumbbell)	NA		16		NA	60	
Side Slide Lunges with Paper Plate	NA		16		NA	60	
Wall Squat with Ball and Leg Extension (body weight)	NA		10		NA	NA	
Squats (dumbbell)	NA		16		NA	60	
Calf Raises (dumbbell)	NA		16		NA	NA	
Front Lunge Same Leg (dumbbell)	NA		15		NA	60	
Stiff Legged Deadlift on Platform (dumbell)	NA		15		NA	60	
Wall Squats Double Leg (body weight)	NA		8		NA	NA	
Lateral Step Ups (dumbbell)	NA		15		NA	60	
Drop Side Lunges & Stand with Knee Lift (dumbbell)	NA		15		NA	NA	
Sequential Lunge Into Front Kick Combo	NA		15		NA	NA	
Squats Narrow Stance (dumbbell)	NA		15		NA	60	
Calf Raises (dumbbell)	NA		10		NA	NA	
Deadlifts Wide Stance (dumbbell)	NA		15		NA	60	
Pulse leg to side strait leg 24 reps (R & L)	NA		24		NA	NA	
Bent Leg Pulse to Side balance paper plate	NA		24		NA	NA	
Front/Back fan Kicks 12 reps (f & B = 1 rep)	NA		16		NA	NA	
Calf Raises (body weight)	NA		25		NA	NA	
Tibialis Press and Pulls with Stability ball	NA		25		NA	NA	

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WorkoutCard

Disc 4 - Chest, Shoulders and Biceps — 55 mins

Exercises	Target Wt	Actual Wt	Target Reps	Actual Reps	OneRM	% of OneRM	Notes
Pushups Drop Sets	NA		14		NA	NA	
Pushups Drop Sets	NA		12		NA	NA	
Pushups Drop Sets	NA		10		NA	NA	
Pushups Drop Sets	NA		8		NA	NA	
Pushups Drop Sets	NA		6		NA	NA	
Standing Upright Rows (barbell)	NA		15		NA	65	
Alternatating Standing Curls	NA		15		NA	65	
Incline Chest Flys (dumbbell)	NA		15		NA	65	
Seated Rear Flys into Band Pulls	NA		15		NA	65	
Bonus Band Pulls	NA		15		NA	NA	
Incline Curl Alternating & Rotate at Top (dumbbell)	NA		15		NA	65	
Stability Ball Pushups- Ball at hips,knees, feet	NA		24		NA	NA	
Functional Overhead Press (Rt & LF) then Front rai	NA		7		NA	NA	
Barbell Curls with Band Attached	NA		15		NA	65	
Prone Pushups on Stability Ball	NA		20		NA	NA	
Seated Lateral Raise Both Arms High Ends (dumbbell)	NA		6		NA	65	
Seated Concentration Curls 1.5's (dumbbell)	NA		12		NA	65	
Straddle Pushups	NA		18		NA	NA	
Side Leaning Lateral Raise (dumbbell)	NA		15		NA	65	
Seated Curls Alternating + Both Arms (dumbbell)	NA		16		NA	65	
Chest Flys (Flat Bench) (dumbbell)	NA		15		NA	65	
Seated Overhead Press (dumbbell)	NA		15		NA	65	
Preacher Curl on Stability Ball One Arm (dumbbell)	NA		15		NA	65	
Core Pushups - boot camp style	NA		16		NA	NA	
Seated Front Press Double Arms 1.5's (barbell)	NA		12		NA	65	
Reverse Dumbbell Curl	NA		16		NA	65	
Staggered Pushups	NA		16		NA	NA	
Bow & Arrow w/ Band	NA		19		NA	NA	
Hammer Curl Double Arm (dumbbell)	NA		15		NA	65	
Pushups 21's	NA		21		NA	NA	
Standing Barbell Front Press	NA		21		NA	65	
Barbell Curl Narrow Grip	NA		21		NA	NA	

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WorkoutCard

Disc 5 - Back and Triceps 58 mins

Exercises	Target Wt	Actual Wt	Target Reps	Actual Reps	OneRM	% of OneRM	Notes
Dumbbell Rows Both Arms	NA		15		NA	50	
Close Grip Push Ups	NA		8		NA	NA	
Dumbbell Rows Both Arms	NA		15		NA	50	
Close Grip Push Ups	NA		8		NA	NA	
Chinups	NA		12		NA	NA	
Seated Overhead Extensions One Arm (dumbbell)	NA		15		NA	65	
One Arm Row (dumbbell)	NA		15		NA	65	
T-Pull with band	NA		36		NA	NA	
Flat Bench Tricep Extensions (dumbbell)	NA		15		NA	65	
Barbell Rows	NA		21		NA	65	
Y's with band	NA		36		NA	NA	
Kickbacks One Arm (dumbbell)	NA		16		NA	65	
One Arm Horizontal Row (dumbbell)	NA		15		NA	65	
Deadlifts (dumbbell)	NA		8		NA	65	
Seasaw Pushups	NA		20		NA	NA	
One Arm press Down with Band	NA		36		NA	NA	
Chinups	NA		NA		NA	NA	
Seated Overhead Extensions Both Arms (dumbbell)	NA		15		NA	65	
Barbell Rows	NA		21		NA	65	
Double Arm Rows with Band	NA		36		NA	NA	
Side Leaning One Arm Overhead Extensions on Ball (dumbbell)	NA		15		NA	65	
Pullovers	NA		15		NA	65	
Kickbacks Double Arm (dumbbell)	NA		15		NA	65	
One Arm Band Kickbacks	NA		36		NA	NA	
Pullups	NA		NA		NA	NA	
Cross Body Kickbacks (dumbbell)	NA		15		NA	65	
Lat pulldowns with band	NA		10		NA	NA	
Side Lying One Arm Pushups	NA		16		NA	NA	
Double Arm Row Horizontal	NA		10		NA	65	
Double Arm Row Horizontal	NA		10		NA	NA	
Double Arm Row Horizontal	NA		10		NA	NA	
Kickbacks Double Arm (dumbbell)	NA		10		NA	65	
Kickbacks Double Arm (dumbbell)	NA		10		NA	NA	
Kickbacks Double Arm (dumbbell)	NA		10		NA	NA	
Superman on Floor Arms & Legs Elevate	NA		30		NA	NA	

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WorkoutCard

Disc 6 - Legs — 56 mins

Exercises	Target Wt	Actual Wt	Target Reps	Actual Reps	OneRM	% of OneRM	Notes
Front Lunge + Back Lunge (One Leg At Time) (dumbbell)	NA		10		NA	NA	
Alternating 45 Degree Front Lunge	NA		15		NA	65	
Leg Press (dumbbell, High Step)	NA		15		NA	65	
One Leg Elevated Lunges	NA		6		NA	65	
Deadlifts Wide Stance (dumbbell)	NA		15		NA	65	
One Leg Slide Back Lunges with Paper Plate (dumbbell)	NA		16		NA	65	
Side Slide Lunges with Paper Plate	NA		16		NA	65	
One Leg Sit N Stands	NA		15		NA	65	
Squats Narrow Stance (dumbbell)	NA		15		NA	65	
Calf Raises (dumbbell)	NA		15		NA	NA	
Low Pulse Lunges (dumbbell)	NA		15		NA	65	
Stiff Legged Deadlift on Platform (dumbell)	NA		15		NA	65	
Wall Squats Double Leg (body weight)	NA		8		NA	NA	
Lateral Step Ups (dumbbell)	NA		15		NA	65	
45 Degree Lunge (Same Leg)	NA		15		NA	65	
Squats Narrow Stance (dumbbell)	NA		15		NA	65	
Static Low End Lunge Same Leg 3/1 Count	NA		12		NA	65	
Wall Squat with Ball and Leg Extension (body weight)	NA		10		NA	NA	
Leg Press with band on High Step	NA		15		NA	NA	
Firewalkers (band)	NA		NA		NA	NA	
Calf Raises (dumbbell)	NA		34		NA	NA	
Standing Kickback with band	NA		24		NA	NA	
Supine Double Leg Outer Thigh Press with band	NA		24		NA	NA	
Inner Thigh Raise with band	NA		24		NA	NA	

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WorkoutCard

Disc 7 - Chest, Shoulders and Biceps — 55 mins

Exercises	Target Wt	Actual Wt	Target Reps	Actual Reps	OneRM	% of OneRM	Notes
Crossover Pushups	NA		16		NA	NA	
Standing Overhead Press Both Arms (dumbbell)	NA		10		NA	65	
Standing Overhead Press Both Arms (dumbbell)	NA		10		NA	NA	
Standing Overhead Press Both Arms (dumbbell)	NA		10		NA	NA	
Barbell Curl	NA		10		NA	65	
Pushups on Stability Ball Elmo Style	NA		15		NA	NA	
Standing Front Raise (barbell)	NA		15		NA	65	
Seated Incline Hammer Curls Both Arms	NA		15		NA	65	
Chest Flys (Flat Bench) (dumbbell)	NA		15		NA	65	
Seated Overhead Press (dumbbell)	NA		15		NA	65	
Preacher Curl on Stability Ball One Arm (dumbbell)	NA		15		NA	65	
Push Ups - Standard	NA		8		NA	NA	
Push Up Wide	NA		8		NA	NA	
Push Ups - Standard	NA		30		NA	NA	
Alternating Seated Overhead Shoulder Press (dumbbell)	NA		15		NA	65	
Seated Barbell Isolation Curls	NA		15		NA	65	
Chest Flys on Stability Ball (dumbbell)	NA		15		NA	65	
Lateral Side to Front Combo (dumbbell)	NA		8		NA	65	
Incline Band Hammer Curl	NA		32		NA	NA	
Straddle Pushups	NA		18		NA	NA	
Side Leaning Lateral Raise (dumbbell)	NA		15		NA	65	
Seated Curls Alternating + Both Arms (dumbbell)	NA		16		NA	65	
Staggered Pushups	NA		16		NA	NA	
Bow and Arrow w/ Band	NA		19		NA	NA	
Barbell Curl Wide Grip	NA		21		NA	65	
Pushups Drop Sets	NA		14		NA	NA	
Pushups Drop Sets	NA		12		NA	NA	
Pushups Drop Sets	NA		10		NA	NA	
Pushups Drop Sets	NA		8		NA	NA	
Pushups Drop Sets	NA		6		NA	NA	
Standing Upright Rows (barbell)	NA		15		NA	65	
Alternatating Standing Curls	NA		16		NA	65	
Pushups 21's	NA		21		NA	NA	
Standing Barbell Front Press	NA		21		NA	65	
Barbell Curl Narrow Grip	NA		21		NA	65	

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WorkoutCard

Disc 8 - Back and Triceps 56 mins

Exercises	Target Wt	Actual Wt	Target Reps	Actual Reps	OneRM	% of OneRM	Notes
Lat pulldowns with band	NA		10		NA	NA	
Double Arm Band Rows High End	NA		28		NA	NA	
Seasaw Pushups	NA		10		NA	NA	
Dips	NA		16		NA	NA	
Chinups	NA		12		NA	NA	
Seated Overhead Extensions One Arm (dumbbell)	NA		15		NA	65	
T-Pull with band	NA		36		NA	NA	
Flat Bench Barbell Triceps Extensions	NA		14		NA	65	
Barbell Rows	NA		21		NA	65	
Y's with band	NA		36		NA	NA	
Kickbacks One Arm (dumbbell)	NA		15		NA	65	
One Arm Horizontal Row (dumbbell)	NA		15		NA	65	
Deadlifts (dumbbell)	NA		8		NA	65	
Close Grip Bench Press (dumbbell)	NA		15		NA	65	
One Arm press Down with Band	NA		36		NA	NA	
Chinups	NA		NA		NA	NA	
Seated Overhead Extensions Both Arms (dumbbell)	NA		15		NA	65	
Barbell Rows	NA		21		NA	65	
Double Arm Rows with Band	NA		36		NA	NA	
Side Leaning One Arm Overhead Extensions on Ball (dumbbell)	NA		15		NA	65	
Dumbbell Rows Both Arms	NA		10		NA	65	
Dumbbell Rows Both Arms	NA		10		NA	NA	
Dumbbell Rows Both Arms	NA		10		NA	NA	
Kickbacks Double Arm (dumbbell)	NA		15		NA	65	
One Arm Band Kickbacks	NA		36		NA	NA	
Pullups	NA		NA		NA	NA	
Cross Body Kickbacks (dumbbell)	NA		10		NA	65	
Cross Body Kickbacks (dumbbell)	NA		10		NA	NA	
Cross Body Kickbacks (dumbbell)	NA		10		NA	NA	
Straight Arm Flys Prone on Incline Bench	NA		15		NA	65	
Side Lying One Arm Pushups	NA		16		NA	NA	
Scapular Retractions (barbell)	NA		15		NA	65	
Superman on Floor Arms & Legs Elevate	NA		24		NA	NA	

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WorkoutCard

Disc 9 - Legs 55 mins

Exercises	Target Wt	Actual Wt	Target Reps	Actual Reps	OneRM	% of OneRM	Notes
Squat Lunge Sequence 8/4	NA		NA		NA	NA	
One Leg Sit N Slide with Paper Plate	NA		15		NA	65	
Lateral Step Ups (dumbbell)	NA		15		NA	65	
Deadlifts Wide Stance (dumbbell)	NA		15		NA	65	
Side Lunge onto Six Inch High Step (dumbbell)	NA		15		NA	65	
45 Degree Lunge (Same Leg)	NA		15		NA	65	
Squats Narrow Stance (dumbbell)	NA		15		NA	65	
Static Low End Lunge Same Leg 3/1 Count	NA		12		NA	65	
Plie Squats Alternating Hand (dumbbell)	NA		24		NA	65	
Deadlifts Wide Stance (dumbbell)	NA		15		NA	65	
One Leg Slide Back Lunges with Paper Plate (dumbbell)	NA		16		NA	65	
Side Slide Lunges with Paper Plate	NA		16		NA	65	
Front Lunge Same Leg (dumbbell)	NA		15		NA	65	
Squats (dumbbell)	NA		16		NA	65	
Calf Raises (dumbbell)	NA		16		NA	NA	
Leg Press (dumbbell, High Step)	NA		15		NA	65	
Stiff Legged Deadlift on Platform (dumbell)	NA		15		NA	65	
Wall Squats Double Leg (body weight)	NA		8		NA	NA	
One Leg Deadlift (Toes Elevated) 3/1 Count	NA		12		NA	65	
Leg raises (r + L)	NA		24		NA	NA	
Outer Thigh	NA		24		NA	NA	
Hamstring and Glute Work with Plate Alternating le	NA		8		NA	NA	
Hamstring and Glute Work with Plate Both legs	NA		8		NA	NA	
Adductor Glide Ins	NA		8		NA	NA	
Adductor Hamstring Glide Ins	NA		8		NA	NA	
Glute Presses	NA		24		NA	NA	

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WorkoutCard

Disc 10 - Chest, Shoulders and Biceps — 56 mins

Exercises	Target Wt	Actual Wt	Target Reps	Actual Reps	OneRM	% of OneRM	Notes
Pushups - Pyramid Up	NA		4		NA	NA	
Pushups - Pyramid Up	NA		8		NA	NA	
Pushups - Pyramid Up Singles	NA		16		NA	NA	
Superset Seated Lateral Raise & Seated Rear Flys (dumbbell)	NA		10		NA	70	
Standing Dumbbell Curl	NA		10		NA	70	
Standing Dumbbell Curl	NA		10		NA	NA	
Standing Dumbbell Curl	NA		10		NA	NA	
Incline Chest Flys (dumbbell)	NA		15		NA	70	
Seated Rear Flys into Band Pulls	NA		15		NA	70	
Bonus Band Pulls	NA		15		NA	NA	
Incline Curl Alternating & Rotate at Top (dumbbell)	NA		15		NA	70	
Pushups - Wide, Standard, Narrow 3 reps change on	NA		18		NA	NA	
Incline Side Raise on Stablity Ball (dumbbell)	NA		15		NA	70	
Seated Barbell Isolation Curls	NA		15		NA	70	
Chest Flys on Stability Ball (dumbbell)	NA		15		NA	70	
Lateral Side to Front Combo (dumbbell)	NA		8		NA	70	
Incline Band Hammer Curl	NA		32		NA	NA	
Core Pushups - boot camp style	NA		16		NA	NA	
Seated Front Press Double Arms 1.5's (barbell)	NA		12		NA	70	
Reverse Dumbbell Curl	NA		16		NA	70	
Stability Ball Pushups- Ball at hips,knees, feet	NA		24		NA	NA	
Functional Overhead Press (Rt & LF) then Front rai	NA		7		NA	70	
Barbell Curls with Band Attached	NA		15		NA	70	
Prone Pushups on Stability Ball	NA		20		NA	NA	
Seated Lateral Raise Both Arms High Ends (dumbbell)	NA		6		NA	70	
Seated Curls Alternating + Both Arms (dumbbell)	NA		16		NA	70	
Pushups 21's	NA		21		NA	NA	
Standing Barbell Front Press	NA		21		NA	70	
Barbell Curl Narrow Grip	NA		21		NA	70	
Staggered Pushups	NA		16		NA	NA	
Standing Overhead Press Both Arms (dumbbell)	NA		10		NA	70	
Standing Overhead Press Both Arms (dumbbell)	NA		10		NA	NA	
Standing Overhead Press Both Arms (dumbbell)	NA		10		NA	NA	
Preacher Curl on Stability Ball Double Arm							

(dumbbell)	NA		15		NA	70	

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WorkoutCard

Disc 11 - Back and Triceps — 53 mins

Exercises	Target Wt	Actual Wt	Target Reps	Actual Reps	OneRM	% of OneRM	Notes
Lat pulldowns with band	NA		10		NA	NA	
Double Arm Rows with Band	NA		28		NA	NA	
Dips on chair	NA		16		NA	NA	
Seated Overhead Extensions One Arm (dumbbell)	NA		10		NA	50	
Chinups	NA		NA		NA	NA	
Flat Bench Barbell Triceps Extensions	NA		15		NA	70	
One Arm Row (dumbbell)	NA		15		NA	70	
T-Pull with band	NA		36		NA	NA	
Flat Bench Tricep Extensions (dumbbell)	NA		15		NA	70	
Barbell Rows	NA		21		NA	70	
Y's with band	NA		36		NA	NA	
Kickbacks One Arm (dumbbell)	NA		15		NA	70	
One Arm Horizontal Row (dumbbell)	NA		15		NA	70	
Deadlifts (dumbbell)	NA		8		NA	70	
Seasaw Pushups	NA		20		NA	NA	
One Arm press Down with Band	NA		36		NA	NA	
Chinups	NA		NA		NA	NA	
Seated Overhead Extensions Both Arms (dumbbell)	NA		15		NA	70	
Barbell Rows	NA		21		NA	70	
Double Arm Rows with Band	NA		36		NA	NA	
Side Leaning One Arm Overhead Extensions on Ball (dumbbell)	NA		15		NA	70	
Pullovers	NA		15		NA	70	
Kickbacks Double Arm (dumbbell)	NA		15		NA	70	
One Arm Band Kickbacks	NA		36		NA	NA	
Pullups	NA		NA		NA	NA	
Cross Body Kickbacks (dumbbell)	NA		15		NA	70	
Dumbbell Rows Both Arms	NA		10		NA	70	
Dumbbell Rows Both Arms	NA		10		NA	NA	
Dumbbell Rows Both Arms	NA		10		NA	NA	
Close Grip Bench Press (dumbbell)	NA		10		NA	70	
Close Grip Bench Press (dumbbell)	NA		10		NA	NA	
Close Grip Bench Press (dumbbell)	NA		10		NA	NA	

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WorkoutCard

Disc 12 - Legs — 54 mins

Exercises	Target Wt	Actual Wt	Target Reps	Actual Reps	OneRM	% of OneRM	Notes
Squats (16 reps) + DB Plie Squats (16 reps)	NA		16		NA	50	
4 Point alternating Lunge (ft/45/SD/BK) (body weight)	NA		4		NA	NA	
Firewalkers (band)	NA		NA		NA	NA	
One Leg Elevated Lunges	NA		6		NA	70	
Deadlifts Wide Stance (dumbbell)	NA		15		NA	70	
Front Lunge Same Leg (dumbbell)	NA		15		NA	70	
Squats (dumbbell)	NA		16		NA	70	
Calf Raises (body weight)	NA		16		NA	NA	
Leg Press (dumbbell, High Step)	NA		15		NA	70	
One Leg Slide Back Lunges with Paper Plate (dumbbell)	NA		16		NA	70	
Side Slide Lunges with Paper Plate	NA		16		NA	70	
Stiff Legged Deadlift on Platform (dumbell)	NA		15		NA	70	
Wall Squats Double Leg (body weight)	NA		8		NA	NA	
Lateral Step Ups (dumbbell)	NA		15		NA	70	
One Leg Sit N Stands	NA		15		NA	70	
Squats Narrow Stance (dumbbell)	NA		15		NA	70	
Calf Raises (body weight)	NA		15		NA	NA	
One Leg Deadlift (Toes Elevated) 3/1 Count	NA		12		NA	70	
Static Low End Lunge Same Leg 3/1 Count	NA		12		NA	70	
One Leg Sit N Slide with Paper Plate	NA		15		NA	70	
Calf Raises (body weight)	NA		34		NA	NA	
Outer Thigh Lift on Stability Ball	NA		32		NA	NA	
Hamstring Roll Ins	NA		16		NA	NA	
One leg Hamstring Roll Ins	NA		8		NA	NA	
Frog Style Roll Ins	NA		16		NA	NA	
Inner Thigh Squeeze (seated with ball between knee	NA		16		NA	NA	
Glute Squeeze	NA		32		NA	NA	

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WorkoutCard

Disc 13 - Chest, Shoulders and Triceps — 65 mins

Exercises	Target Wt	Actual Wt	Target Reps	Actual Reps	OneRM	% of OneRM	Notes
Flat Bench Press (barbell)	NA		12		NA	50	
Flat Bench Press (barbell)	NA		12		NA	50	
Flat Bench Press (barbell)	NA		12		NA	70	
Flat Bench Press (barbell)	NA		10		NA	70	
Flat Bench Press (barbell)	NA		8		NA	70	
Chest Flys (Flat Bench) (dumbbell)	NA		12		NA	70	
Chest Flys (Flat Bench) (dumbbell)	NA		10		NA	70	
Chest Flys (Flat Bench) (dumbbell)	NA		8		NA	70	
Incline Bench Press (barbell)	NA		12		NA	70	
Incline Bench Press (barbell)	NA		10		NA	70	
Incline Bench Press (barbell)	NA		8		NA	70	
Incline Chest Flys (dumbbell)	NA		12		NA	70	
Incline Chest Flys (dumbbell)	NA		10		NA	70	
Incline Chest Flys (dumbbell)	NA		8		NA	70	
Seated Front Press Alternating Arms (Elbows Forward) (dumbbell)	NA		12		NA	70	
Seated Front Press Alternating Arms (Elbows Forward) (dumbbell)	NA		10		NA	70	
Seated Front Press Alternating Arms (Elbows Forward) (dumbbell)	NA		8		NA	70	
Seated Front Press (dumbbell)	NA		NA		NA	70	
Alternating One Arm Standing Lateral Raise (dumbbell)	NA		12		NA	70	
Alternating One Arm Standing Lateral Raise (dumbbell)	NA		10		NA	70	
Alternating One Arm Standing Lateral Raise (dumbbell)	NA		8		NA	70	
Seated Lateral Raise Both Arms (dumbbell)	NA		NA		NA	70	
Seated Rear Delts (dumbbell)	NA		12		NA	70	
Seated Rear Delts (dumbbell)	NA		10		NA	70	
Seated Rear Delts (dumbbell)	NA		8		NA	70	
Flat Bench Tricep Extensions (dumbbell)	NA		12		NA	70	
Flat Bench Tricep Extensions (dumbbell)	NA		10		NA	70	
Flat Bench Tricep Extensions (dumbbell)	NA		8		NA	70	
Flat Bench Tricep Extensions (dumbbell)	NA		NA		NA	70	
Side Leaning One Arm Overhead Extensions on Ball (dumbbell)	NA		12		NA	70	
Side Leaning One Arm Overhead Extensions on Ball (dumbbell)	NA		10		NA	70	

Side Leaning One Arm Overhead Extensions on Ball (dumbbell)	NA		8		NA	70	
Kickbacks One Arm (dumbbell)	NA		12		NA	70	
Kickbacks One Arm (dumbbell)	NA		10		NA	70	
Kickbacks One Arm (dumbbell)	NA		8		NA	70	

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WorkoutCard

Disc 14 - Legs — 48 mins

Exercises	Target Wt	Actual Wt	Target Reps	Actual Reps	OneRM	% of OneRM	Notes
Squats (dumbbell)	NA		10		NA	70	
One Leg Elevated Lunges	NA		10		NA	70	
Deadlifts Wide Stance (dumbbell)	NA		10		NA	70	
Squats (dumbbell)	NA		10		NA	70	
One Leg Elevated Lunges	NA		10		NA	70	
Deadlifts Wide Stance (dumbbell)	NA		10		NA	70	
Squats (dumbbell)	NA		10		NA	70	
One Leg Elevated Lunges	NA		10		NA	70	
Deadlifts Wide Stance (dumbbell)	NA		10		NA	70	
Static Lunge (dumbell)	NA		10		NA	70	
Plie Squats Alternating Hand (dumbbell)	NA		10		NA	70	
One Leg Slide Back Lunges with Paper Plate (dumbbell)	NA		10		NA	70	
Static Lunge (dumbell)	NA		10		NA	70	
Plie Squats Alternating Hand (dumbbell)	NA		10		NA	70	
One Leg Slide Back Lunges with Paper Plate (dumbbell)	NA		10		NA	70	
Static Lunge (dumbell)	NA		10		NA	70	
Plie Squats Alternating Hand (dumbbell)	NA		10		NA	70	
One Leg Slide Back Lunges with Paper Plate (dumbbell)	NA		10		NA	70	
Stiff Legged Deadlift on Platform (barbell)	NA		10		NA	70	
Side Slide Lunges with Paper Plate	NA		10		NA	70	
Squats Narrow Stance (dumbbell)	NA		10		NA	70	
Stiff Legged Deadlift on Platform (barbell)	NA		10		NA	70	
Side Slide Lunges with Paper Plate	NA		10		NA	70	
Squats Narrow Stance (dumbbell)	NA		10		NA	70	
Stiff Legged Deadlift on Platform (barbell)	NA		10		NA	70	
Side Slide Lunges with Paper Plate	NA		10		NA	70	
Squats Narrow Stance (dumbbell)	NA		10		NA	70	
Calf Raises (dumbbell)	NA		20		NA	55	

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WorkoutCard

Disc 15 - Back and Biceps 54 mins

Exercises	Target Wt	Actual Wt	Target Reps	Actual Reps	OneRM	% of OneRM	Notes
Lat pulldowns with band	NA		12		NA	NA	
T-Pull with band	NA		12		NA	NA	
Y's with band	NA		12		NA	NA	
Pull Ups Overhand	NA		12		NA	NA	
Chinups Medium Grip	NA		12		NA	NA	
Chinups	NA		12		NA	NA	
One Arm Row (dumbbell)	NA		12		NA	70	
One Arm Row (dumbbell)	NA		10		NA	70	
One Arm Row (dumbbell)	NA		8		NA	70	
One Arm Row (dumbbell)	NA		NA		NA	70	
Barbell Rows	NA		12		NA	70	
Barbell Rows	NA		10		NA	70	
Barbell Rows	NA		8		NA	70	
Barbell Rows	NA		NA		NA	70	
Deadlifts (barbell)	NA		12		NA	70	
Deadlifts (barbell)	NA		10		NA	70	
Deadlifts (barbell)	NA		NA		NA	70	
Barbell Curl	NA		12		NA	70	
Barbell Curl	NA		10		NA	70	
Barbell Curl	NA		8		NA	70	
Barbell Curl	NA		NA		NA	70	
Seated Alternating Curl (dumbbell)	NA		12		NA	70	
Seated Alternating Curl (dumbbell)	NA		10		NA	70	
Seated Alternating Curl (dumbbell)	NA		8		NA	70	
Preacher Curl on Stability Ball Double Arm (dumbbell)	NA		12		NA	70	
Preacher Curl on Stability Ball Double Arm (dumbbell)	NA		10		NA	70	
Preacher Curl on Stability Ball Double Arm (dumbbell)	NA		NA		NA	70	

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WorkoutCard

Disc 16 - Chest, Shoulders and Triceps — 64 mins

Exercises	Target Wt	Actual Wt	Target Reps	Actual Reps	OneRM	% of OneRM	Notes
Incline Bench Press (barbell)	NA		12		NA	50	
Incline Bench Press (barbell)	NA		12		NA	50	
Incline Bench Press (barbell)	NA		12		NA	75	
Incline Bench Press (barbell)	NA		10		NA	75	
Incline Bench Press (barbell)	NA		8		NA	75	
Incline Bench Press (barbell)	NA		NA		NA	NA	
Incline Fly (Rotate Pinky in) (dumbbell)	NA		12		NA	75	
Incline Fly (Rotate Pinky in) (dumbbell)	NA		10		NA	75	
Incline Fly (Rotate Pinky in) (dumbbell)	NA		8		NA	75	
Incline Fly (Rotate Pinky in) (dumbbell)	NA		NA		NA	NA	
Flat Bench Press (barbell)	NA		12		NA	75	
Flat Bench Press (barbell)	NA		10		NA	75	
Flat Bench Press (barbell)	NA		8		NA	75	
Flat Bench Press (barbell)	NA		NA		NA	NA	
Standing Barbell Front Press	NA		12		NA	75	
Standing Barbell Front Press	NA		10		NA	75	
Standing Barbell Front Press	NA		8		NA	75	
Standing Barbell Front Press	NA		NA		NA	NA	
Standing Lateral Raise (dumbbell)	NA		12		NA	75	
Standing Lateral Raise (dumbbell)	NA		10		NA	75	
Standing Lateral Raise (dumbbell)	NA		8		NA	75	
Standing Lateral Raise (dumbbell)	NA		NA		NA	NA	
Seated Rear Delts (dumbbell)	NA		12		NA	75	
Seated Rear Delts (dumbbell)	NA		10		NA	75	
Seated Rear Delts (dumbbell)	NA		8		NA	75	
Seated Rear Delts (dumbbell)	NA		NA		NA	NA	
Flat Bench Tricep Extensions (dumbbell)	NA		12		NA	75	
Flat Bench Tricep Extensions (dumbbell)	NA		10		NA	75	
Flat Bench Tricep Extensions (dumbbell)	NA		8		NA	75	
Flat Bench Tricep Extensions (dumbbell)	NA		NA		NA	NA	
Side Leaning One Arm Overhead Extensions on Ball (dumbbell)	NA		12		NA	75	
Side Leaning One Arm Overhead Extensions on Ball (dumbbell)	NA		10		NA	75	
Side Leaning One Arm Overhead Extensions on Ball (dumbbell)	NA		8		NA	75	
Double Arm Overhead Extension on Ball (dumbbell)	NA		NA		NA	NA	
Kickbacks One Arm (dumbbell)	NA		12		NA	75	
Kickbacks One Arm (dumbbell)	NA		10		NA	75	

Kickbacks One Arm (dumbbell)	NA		8		NA	75	
Kickbacks Double Arm (dumbbell)	NA		NA		NA	NA	

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WorkoutCard

Disc 17 - Legs 47 mins

Exercises	Target Wt	Actual Wt	Target Reps	Actual Reps	OneRM	% of OneRM	Notes
Squats Narrow Stance (dumbbell)	NA		10		NA	75	
45 Degree Lunge (Same Leg)	NA		10		NA	75	
One Leg Sit N Slide with Paper Plate	NA		10		NA	75	
Squats Narrow Stance (dumbbell)	NA		10		NA	75	
45 Degree Lunge (Same Leg)	NA		10		NA	75	
One Leg Sit N Slide with Paper Plate	NA		10		NA	75	
Squats Narrow Stance (dumbbell)	NA		10		NA	75	
45 Degree Lunge (Same Leg)	NA		10		NA	75	
One Leg Sit N Slide with Paper Plate	NA		10		NA	75	
Static Lunge (dumbell)	NA		10		NA	75	
Plie Squats Alternating Hand (dumbbell)	NA		10		NA	75	
One Leg Slide Back Lunges with Paper Plate (dumbbell)	NA		10		NA	75	
Static Lunge (dumbell)	NA		10		NA	75	
Plie Squats Alternating Hand (dumbbell)	NA		10		NA	75	
One Leg Slide Back Lunges with Paper Plate (dumbbell)	NA		10		NA	75	
Static Lunge (dumbell)	NA		10		NA	75	
Plie Squats Alternating Hand (dumbbell)	NA		10		NA	75	
One Leg Slide Back Lunges with Paper Plate (dumbbell)	NA		10		NA	75	
Squats Wide Stance	NA		10		NA	75	
One Leg Elevated Lunges	NA		10		NA	75	
Deadlifts Wide Stance (dumbbell)	NA		10		NA	75	
Squats Wide Stance	NA		10		NA	75	
One Leg Elevated Lunges	NA		10		NA	75	
Deadlifts Wide Stance (dumbbell)	NA		10		NA	75	
Squats Wide Stance	NA		10		NA	75	
One Leg Elevated Lunges	NA		10		NA	75	
Deadlifts Wide Stance (dumbbell)	NA		10		NA	75	
Calf Raises (dumbbell)	NA		20		NA	75	

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WorkoutCard

Disc 18 - Back and Biceps 60 mins

Exercises	Target Wt	Actual Wt	Target Reps	Actual Reps	OneRM	% of OneRM	Notes
Lat pulldowns with band	NA		12		NA	NA	
T-Pull with band	NA		12		NA	NA	
Y's with band	NA		12		NA	NA	
Pull Ups Overhand	NA		12		NA	NA	
Chinups Medium Grip	NA		12		NA	NA	
Chinups	NA		12		NA	NA	
Barbell Rows	NA		12		NA	75	
Barbell Rows	NA		10		NA	75	
Barbell Rows	NA		8		NA	75	
Barbell Rows	NA		NA		NA	NA	
One Arm Horizontal Row (dumbbell)	NA		12		NA	75	
One Arm Horizontal Row (dumbbell)	NA		10		NA	75	
One Arm Horizontal Row (dumbbell)	NA		8		NA	75	
One Arm Horizontal Row (dumbbell)	NA		NA		NA	NA	
One Legged Deadlifts (dumbbell)	NA		12		NA	75	
One Legged Deadlifts (dumbbell)	NA		10		NA	75	
One Legged Deadlifts (dumbbell)	NA		8		NA	75	
Barbell Curl	NA		12		NA	75	
Barbell Curl	NA		10		NA	75	
Barbell Curl	NA		8		NA	75	
Barbell Curl	NA		NA		NA	NA	
Seated Alternating Curl (dumbbell)	NA		12		NA	75	
Seated Alternating Curl (dumbbell)	NA		10		NA	75	
Seated Alternating Curl (dumbbell)	NA		8		NA	75	
Seated Alternating Curl (dumbbell)	NA		NA		NA	NA	
Seated Concentration Curls (dumbbell)	NA		12		NA	75	
Seated Concentration Curls (dumbbell)	NA		10		NA	75	
Seated Concentration Curls (dumbbell)	NA		8		NA	75	
Seated Concentration Curls (dumbbell)	NA		NA		NA	NA	

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WorkoutCard

Disc 19 - Chest, Shoulders and Triceps — 69 mins

Exercises	Target Wt	Actual Wt	Target Reps	Actual Reps	OneRM	% of OneRM	Notes
Flat Bench Press (barbell)	NA		12		NA	50	
Flat Bench Press (barbell)	NA		12		NA	70	
Flat Bench Press (barbell)	NA		10		NA	NA	
Flat Bench Press (barbell)	NA		8		NA	NA	
Flat Bench Press (barbell)	NA		12		NA	70	
Flat Bench Press (barbell)	NA		10		NA	NA	
Flat Bench Press (barbell)	NA		8		NA	NA	
Chest Flys (Flat Bench) (dumbbell)	NA		12		NA	75	
Chest Flys (Flat Bench) (dumbbell)	NA		10		NA	75	
Chest Flys (Flat Bench) (dumbbell)	NA		8		NA	75	
Incline Bench Press (barbell)	NA		12		NA	75	
Incline Bench Press (barbell)	NA		10		NA	75	
Incline Bench Press (barbell)	NA		8		NA	75	
Incline Chest Flys (dumbbell)	NA		12		NA	75	
Incline Chest Flys (dumbbell)	NA		10		NA	75	
Incline Chest Flys (dumbbell)	NA		8		NA	75	
Seated Front Press (dumbbell)	NA		12		NA	70	
Seated Front Press (dumbbell)	NA		10		NA	NA	
Seated Front Press (dumbbell)	NA		8		NA	NA	
Seated Front Press (dumbbell)	NA		12		NA	70	
Seated Front Press (dumbbell)	NA		10		NA	NA	
Seated Front Press (dumbbell)	NA		NA		NA	NA	
Standing Lateral Raise (dumbbell)	NA		12		NA	75	
Standing Lateral Raise (dumbbell)	NA		10		NA	75	
Standing Lateral Raise (dumbbell)	NA		8		NA	75	
Prone Incline Rear Flys (dumbbell)	NA		12		NA	75	
Prone Incline Rear Flys (dumbbell)	NA		10		NA	75	
Prone Incline Rear Flys (dumbbell)	NA		8		NA	75	
Flat Bench Barbell Triceps Extensions	NA		12		NA	70	
Flat Bench Barbell Triceps Extensions	NA		10		NA	NA	
Flat Bench Barbell Triceps Extensions	NA		8		NA	NA	
Flat Bench Barbell Triceps Extensions	NA		12		NA	70	
Flat Bench Barbell Triceps Extensions	NA		10		NA	NA	
Flat Bench Barbell Triceps Extensions	NA		8		NA	NA	
Cross Body Kickbacks (dumbbell)	NA		12		NA	75	
Cross Body Kickbacks (dumbbell)	NA		10		NA	75	
Cross Body Kickbacks (dumbbell)	NA		NA		NA	75	
Kickbacks Double Arm (dumbbell)	NA		12		NA	75	
Kickbacks Double Arm (dumbbell)	NA		10		NA	75	

Kickbacks Double Arm (dumbbell)	NA		NA		NA	75	

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WorkoutCard

Disc 20 - Legs 49 mins

Exercises	Target Wt	Actual Wt	Target Reps	Actual Reps	OneRM	% of OneRM	Notes
Lateral Step Ups (dumbbell)	NA		10		NA	75	
Side Slide Lunges with Paper Plate	NA		10		NA	75	
One Leg Sit N Stands	NA		10		NA	75	
Lateral Step Ups (dumbbell)	NA		10		NA	75	
Side Slide Lunges with Paper Plate	NA		10		NA	75	
One Leg Sit N Stands	NA		10		NA	75	
Lateral Step Ups (dumbbell)	NA		10		NA	75	
Side Slide Lunges with Paper Plate	NA		10		NA	75	
One Leg Sit N Stands	NA		10		NA	75	
Static Lunge (dumbell)	NA		10		NA	75	
Plie Squats Alternating Hand (dumbbell)	NA		10		NA	75	
One Leg Slide Back Lunges with Paper Plate (dumbbell)	NA		10		NA	75	
Static Lunge (dumbell)	NA		10		NA	75	
Plie Squats Alternating Hand (dumbbell)	NA		10		NA	75	
One Leg Slide Back Lunges with Paper Plate (dumbbell)	NA		10		NA	75	
Static Lunge (dumbell)	NA		10		NA	75	
Plie Squats Alternating Hand (dumbbell)	NA		10		NA	75	
One Leg Slide Back Lunges with Paper Plate (dumbbell)	NA		10		NA	75	
Squats Narrow Stance (dumbbell)	NA		10		NA	75	
45 Degree Lunge (Same Leg)	NA		10		NA	75	
One Leg Sit N Slide with Paper Plate	NA		10		NA	75	
Squats Narrow Stance (dumbbell)	NA		10		NA	75	
45 Degree Lunge (Same Leg)	NA		10		NA	75	
One Leg Sit N Slide with Paper Plate	NA		10		NA	75	
Squats Narrow Stance (dumbbell)	NA		10		NA	75	
45 Degree Lunge (Same Leg)	NA		10		NA	75	
One Leg Sit N Slide with Paper Plate	NA		10		NA	75	
Calf Raises (dumbbell)	NA		20		NA	55	

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WorkoutCard

Disc 21 - Back and Biceps 59 mins

Exercises	Target Wt	Actual Wt	Target Reps	Actual Reps	OneRM	% of OneRM	Notes
Lat pulldowns with band	NA		12		NA	NA	
T-Pull with band	NA		12		NA	NA	
Y's with band	NA		12		NA	NA	
Pull Ups Overhand	NA		12		NA	NA	
Chinups Medium Grip	NA		12		NA	NA	
Chinups	NA		12		NA	NA	
Barbell Rows	NA		12		NA	75	
Barbell Rows	NA		10		NA	75	
Barbell Rows	NA		8		NA	75	
One Arm Row (dumbbell)	NA		12		NA	70	
One Arm Row (dumbbell)	NA		10		NA	NA	
One Arm Row (dumbbell)	NA		8		NA	NA	
One Arm Row (dumbbell)	NA		12		NA	70	
One Arm Row (dumbbell)	NA		10		NA	NA	
One Arm Row (dumbbell)	NA		NA		NA	NA	
Deadlifts (barbell)	NA		12		NA	75	
Deadlifts (barbell)	NA		10		NA	75	
Deadlifts (barbell)	NA		NA		NA	75	
Barbell Curl	NA		12		NA	70	
Barbell Curl	NA		10		NA	NA	
Barbell Curl	NA		8		NA	NA	
Barbell Curl	NA		12		NA	70	
Barbell Curl	NA		10		NA	NA	
Barbell Curl	NA		8		NA	NA	
Incline Curls Both Arms Rotate at Top on Stability Ball	NA		12		NA	75	
Incline Curls Both Arms Rotate at Top on Stability Ball	NA		10		NA	75	
Incline Curls Both Arms Rotate at Top on Stability Ball	NA		NA		NA	75	
Reverse Dumbbell Curl	NA		12		NA	75	
Reverse Dumbbell Curl	NA		10		NA	75	
Reverse Dumbbell Curl	NA		NA		NA	75	

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WorkoutCard

Disc 22 - Chest, Shoulders and Triceps — 43 mins

Exercises	Target Wt	Actual Wt	Target Reps	Actual Reps	OneRM	% of OneRM	Notes
Push Up Wide	NA		10		NA	NA	
Push Ups - Standard	NA		10		NA	NA	
Push Up Wide	NA		10		NA	NA	
Push Ups - Standard	NA		NA		NA	NA	
Flat Bench Press (barbell)	NA		12		NA	80	
Flat Bench Press (barbell)	NA		10		NA	80	
Flat Bench Press (barbell)	NA		8		NA	80	
Incline Chest Flys (dumbbell)	NA		12		NA	80	
Incline Chest Flys (dumbbell)	NA		10		NA	80	
Incline Chest Flys (dumbbell)	NA		8		NA	80	
Incline Bench Press (barbell)	NA		12		NA	80	
Incline Bench Press (barbell)	NA		10		NA	80	
Incline Bench Press (barbell)	NA		8		NA	80	
Seated Overhead Press (dumbbell)	NA		10		NA	80	
Seated Overhead Press (dumbbell)	NA		10		NA	NA	
Seated Overhead Press (dumbbell)	NA		10		NA	NA	
Incline Bench Front Raise (dumbbell)	NA		10		NA	80	
Incline Bench Front Raise (dumbbell)	NA		10		NA	NA	
Incline Bench Front Raise (dumbbell)	NA		10		NA	NA	
Seated Lateral Raise (dumbbell)	NA		10		NA	80	
Seated Lateral Raise (dumbbell)	NA		10		NA	NA	
Seated Lateral Raise (dumbbell)	NA		10		NA	NA	
Seated Rear Delts (dumbbell)	NA		10		NA	80	
Seated Rear Delts (dumbbell)	NA		10		NA	NA	
Seated Rear Delts (dumbbell)	NA		10		NA	NA	
Flat Bench Tricep Extensions (dumbbell)	NA		12		NA	80	
Flat Bench Tricep Extensions (dumbbell)	NA		10		NA	80	
Flat Bench Tricep Extensions (dumbbell)	NA		8		NA	80	
Close Grip Push Ups	NA		10		NA	NA	
Close Grip Push Ups	NA		10		NA	NA	
Close Grip Push Ups	NA		NA		NA	NA	
Kickbacks Double Arm (dumbbell)	NA		10		NA	80	
Kickbacks Double Arm (dumbbell)	NA		10		NA	NA	
Kickbacks Double Arm (dumbbell)	NA		10		NA	NA	

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WorkoutCard

Disc 23 - Legs — 50 mins

Exercises	Target Wt	Actual Wt	Target Reps	Actual Reps	OneRM	% of OneRM	Notes
Leg Press (dumbbell, High Step)	NA		10		NA	80	
Wall Squats (dumbbells)	NA		10		NA	80	
One Leg Slide Back Lunges with Paper Plate (dumbbell)	NA		10		NA	80	
Leg Press (dumbbell, High Step)	NA		10		NA	80	
Wall Squats (dumbbells)	NA		10		NA	80	
One Leg Slide Back Lunges with Paper Plate (dumbbell)	NA		10		NA	80	
Leg Press (dumbbell, High Step)	NA		10		NA	80	
Wall Squats (dumbbells)	NA		10		NA	80	
One Leg Slide Back Lunges with Paper Plate (dumbbell)	NA		10		NA	80	
Stiff Legged Deadlift on Platform (barbell)	NA		10		NA	80	
Side Slide Lunges with Paper Plate	NA		10		NA	80	
Squats Narrow Stance (dumbbell)	NA		10		NA	80	
Stiff Legged Deadlift on Platform (barbell)	NA		10		NA	80	
Side Slide Lunges with Paper Plate	NA		10		NA	80	
Squats Narrow Stance (dumbbell)	NA		10		NA	80	
Stiff Legged Deadlift on Platform (barbell)	NA		10		NA	80	
Side Slide Lunges with Paper Plate	NA		10		NA	80	
Squats Narrow Stance (dumbbell)	NA		10		NA	80	
45 Degree Lunge (Same Leg)	NA		10		NA	80	
Plie Squats Alternating Hand (dumbbell)	NA		10		NA	80	
Low Plane Lunges (dumbbell)	NA		10		NA	80	
45 Degree Lunge (Same Leg)	NA		10		NA	80	
Plie Squats Alternating Hand (dumbbell)	NA		10		NA	80	
Low Plane Lunges (dumbbell)	NA		10		NA	80	
45 Degree Lunge (Same Leg)	NA		10		NA	80	
Plie Squats Alternating Hand (dumbbell)	NA		10		NA	80	
Low Plane Lunges (dumbbell)	NA		10		NA	80	
Calf Raises (dumbbell)	NA		20		NA	55	

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WorkoutCard

Disc 24 - Back and Biceps 43 mins

Exercises	Target Wt	Actual Wt	Target Reps	Actual Reps	OneRM	% of OneRM	Notes
Lat pulldowns with band	NA		12		NA	NA	
T-Pull with band	NA		12		NA	NA	
Y's with band	NA		12		NA	NA	
Pull Ups Overhand	NA		12		NA	NA	
Chinups Medium Grip	NA		12		NA	NA	
Chinups	NA		12		NA	NA	
Pullovers	NA		10		NA	80	
Pullovers	NA		10		NA	NA	
Pullovers	NA		10		NA	NA	
One Arm Horizontal Row (dumbbell)	NA		10		NA	80	
One Arm Horizontal Row (dumbbell)	NA		10		NA	NA	
One Arm Horizontal Row (dumbbell)	NA		10		NA	NA	
Deadlifts (barbell)	NA		12		NA	80	
Deadlifts (barbell)	NA		10		NA	80	
Deadlifts (barbell)	NA		NA		NA	80	
Barbell Curl	NA		10		NA	80	
Barbell Curl	NA		10		NA	NA	
Barbell Curl	NA		NA		NA	NA	
Incline Curls Both Arms Rotate at Top on Stability Ball	NA		10		NA	80	
Incline Curls Both Arms Rotate at Top on Stability Ball	NA		10		NA	NA	
Incline Curls Both Arms Rotate at Top on Stability Ball	NA		10		NA	NA	
Seated Concentration Curls (dumbbell)	NA		10		NA	80	
Seated Concentration Curls (dumbbell)	NA		10		NA	NA	
Seated Concentration Curls (dumbbell)	NA		NA		NA	NA	

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WorkoutCard

Disc 25 - Chest & Back 68 mins

Exercises	Target Wt	Actual Wt	Target Reps	Actual Reps	OneRM	% of OneRM	Notes
Flat Bench Press (barbell)	NA		12		NA	50	
Flat Bench Press (barbell)	NA		12		NA	50	
Flat Bench Press (barbell)	NA		8		NA	80	
Barbell Rows	NA		8		NA	80	
Flat Bench Press (barbell)	NA		8		NA	80	
Barbell Rows	NA		8		NA	80	
Flat Bench Press (barbell)	NA		8		NA	80	
Barbell Rows	NA		8		NA	80	
Flat Bench Press (barbell)	NA		8		NA	80	
Barbell Rows	NA		8		NA	80	
Chest Flys (Flat Bench) (dumbbell)	NA		8		NA	80	
One Arm Row (dumbbell)	NA		8		NA	80	
Chest Flys (Flat Bench) (dumbbell)	NA		8		NA	80	
One Arm Row (dumbbell)	NA		8		NA	80	
Chest Flys (Flat Bench) (dumbbell)	NA		8		NA	80	
One Arm Row (dumbbell)	NA		8		NA	80	
Chest Flys (Flat Bench) (dumbbell)	NA		8		NA	80	
One Arm Row (dumbbell)	NA		8		NA	80	
Incline Bench Press (barbell)	NA		8		NA	80	
Deadlifts (barbell)	NA		8		NA	80	
Incline Bench Press (barbell)	NA		8		NA	80	
Deadlifts (barbell)	NA		8		NA	80	
Incline Bench Press (barbell)	NA		8		NA	80	
Deadlifts (barbell)	NA		8		NA	80	
Incline Bench Press (barbell)	NA		8		NA	80	
Deadlifts (barbell)	NA		8		NA	80	
Incline Chest Flys (dumbbell)	NA		8		NA	80	
One Arm Horizontal Row (dumbbell)	NA		8		NA	80	
Incline Chest Flys (dumbbell)	NA		8		NA	80	
One Arm Horizontal Row (dumbbell)	NA		8		NA	80	
Incline Chest Flys (dumbbell)	NA		8		NA	80	
One Arm Horizontal Row (dumbbell)	NA		8		NA	80	
Incline Chest Flys (dumbbell)	NA		8		NA	80	
One Arm Horizontal Row (dumbbell)	NA		8		NA	80	

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WorkoutCard

Disc 26 - Plyo Legs — 46 mins

Exercises	Target Wt	Actual Wt	Target Reps	Actual Reps	OneRM	% of OneRM	Notes
Squats (dumbbell)	NA		12		NA	70	
Down- Up Jumps	NA		NA		NA	NA	
Front Lunge Same Leg (dumbbell)	NA		12		NA	70	
Forward & Backard Jumps	NA		NA		NA	NA	
Side Lunge (dumbbell)	NA		12		NA	70	
Lateral Skates	NA		NA		NA	NA	
Leg Press (dumbbell, High Step)	NA		12		NA	70	
Split Jumps	NA		NA		NA	NA	
Back Lunge (dumbbell)	NA		12		NA	70	
Lateral Jumps	NA		NA		NA	NA	
45 Degree Lunge (Same Leg)	NA		12		NA	70	
Slow Plie Jumps	NA		NA		NA	NA	
Deadlifts Wide Stance (dumbbell)	NA		12		NA	70	
Squat Jumps	NA		NA		NA	NA	
Static Lunge (dumbell)	NA		12		NA	70	
Half Turn Jumps Right Side	NA		NA		NA	NA	
One Leg Sit N Slide with Paper Plate	NA		12		NA	70	
Plyo Jacks	NA		NA		NA	NA	
Plie Squats Alternating Hand (dumbbell)	NA		12		NA	70	
Tuck Jumps	NA		NA		NA	NA	
One Leg Elevated Lunges	NA		12		NA	70	
Half Turn Jumps Left Side	NA		NA		NA	NA	
Sit N Stands (dumbbell)	NA		12		NA	70	
Power Scissors Alternating	NA		NA		NA	NA	
Sequential Lunge Into Front Kick Combo	NA		12		NA	70	
Slow Air jacks	NA		NA		NA	NA	

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WorkoutCard

Disc 27 - Shoulders, Biceps and Triceps — 61 mins

Exercises	Target Wt	Actual Wt	Target Reps	Actual Reps	OneRM	% of OneRM	Notes
Standing Barbell Front Press	NA		12		NA	50	
Standing Barbell Front Press	NA		12		NA	50	
Standing Barbell Front Press	NA		8		NA	80	
Barbell Curl	NA		8		NA	80	
Flat Bench Tricep Extensions (dumbbell)	NA		8		NA	80	
Standing Barbell Front Press	NA		8		NA	80	
Barbell Curl	NA		8		NA	80	
Flat Bench Tricep Extensions (dumbbell)	NA		8		NA	80	
Standing Barbell Front Press	NA		8		NA	80	
Barbell Curl	NA		8		NA	80	
Flat Bench Tricep Extensions (dumbbell)	NA		8		NA	80	
Standing Barbell Front Press	NA		8		NA	80	
Barbell Curl	NA		8		NA	80	
Flat Bench Tricep Extensions (dumbbell)	NA		8		NA	80	
Seated Lateral Raise (dumbbell)	NA		8		NA	80	
Incline Curls on Stablity Ball (dumbbell)	NA		8		NA	80	
Seated Overhead Extensions One Arm (dumbbell)	NA		8		NA	80	
Seated Lateral Raise (dumbbell)	NA		8		NA	80	
Incline Curls on Stablity Ball (dumbbell)	NA		8		NA	80	
Seated Overhead Extensions One Arm (dumbbell)	NA		8		NA	80	
Seated Lateral Raise (dumbbell)	NA		8		NA	80	
Incline Curls on Stablity Ball (dumbbell)	NA		8		NA	80	
Seated Overhead Extensions One Arm (dumbbell)	NA		8		NA	80	
Seated Lateral Raise (dumbbell)	NA		8		NA	80	
Incline Curls on Stablity Ball (dumbbell)	NA		8		NA	80	
Seated Overhead Extensions One Arm (dumbbell)	NA		8		NA	80	
Seated Rear Delts (dumbbell)	NA		8		NA	80	
Seated Concentration Curls (dumbbell)	NA		8		NA	80	
Cross Body Kickbacks (dumbbell)	NA		8		NA	80	
Seated Rear Delts (dumbbell)	NA		8		NA	80	
Seated Concentration Curls (dumbbell)	NA		8		NA	80	
Cross Body Kickbacks (dumbbell)	NA		8		NA	80	
Seated Rear Delts (dumbbell)	NA		8		NA	80	
Seated Concentration Curls (dumbbell)	NA		8		NA	80	
Cross Body Kickbacks (dumbbell)	NA		8		NA	80	
Seated Rear Delts (dumbbell)	NA		8		NA	80	
Seated Concentration Curls (dumbbell)	NA		8		NA	80	
Cross Body Kickbacks (dumbbell)	NA		8		NA	80	

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WorkoutCard

Disc 28 - Chest & Back — 65 mins

Exercises	Target Wt	Actual Wt	Target Reps	Actual Reps	OneRM	% of OneRM	Notes
Flat Bench Press (barbell)	NA		12		NA	50	
Flat Bench Press (barbell)	NA		12		NA	50	
Flat Bench Press (barbell)	NA		7		NA	85	
Barbell Rows	NA		7		NA	85	
Flat Bench Press (barbell)	NA		7		NA	85	
Barbell Rows	NA		7		NA	85	
Flat Bench Press (barbell)	NA		7		NA	85	
Barbell Rows	NA		7		NA	85	
Flat Bench Press (barbell)	NA		7		NA	85	
Barbell Rows	NA		7		NA	85	
Chest Flys (Flat Bench) (dumbbell)	NA		7		NA	85	
One Arm Row (dumbbell)	NA		7		NA	85	
Chest Flys (Flat Bench) (dumbbell)	NA		7		NA	85	
One Arm Row (dumbbell)	NA		7		NA	85	
Chest Flys (Flat Bench) (dumbbell)	NA		7		NA	85	
One Arm Row (dumbbell)	NA		7		NA	85	
Chest Flys (Flat Bench) (dumbbell)	NA		7		NA	85	
One Arm Row (dumbbell)	NA		7		NA	85	
Incline Bench Press (barbell)	NA		7		NA	85	
Deadlifts (barbell)	NA		7		NA	85	
Incline Bench Press (barbell)	NA		7		NA	85	
Deadlifts (barbell)	NA		7		NA	85	
Incline Bench Press (barbell)	NA		7		NA	85	
Deadlifts (barbell)	NA		7		NA	85	
Incline Bench Press (barbell)	NA		7		NA	85	
Deadlifts (barbell)	NA		7		NA	85	
Incline Chest Flys (dumbbell)	NA		7		NA	85	
One Arm Horizontal Row (dumbbell)	NA		7		NA	85	
Incline Chest Flys (dumbbell)	NA		7		NA	85	
One Arm Horizontal Row (dumbbell)	NA		7		NA	85	
Incline Chest Flys (dumbbell)	NA		7		NA	85	
One Arm Horizontal Row (dumbbell)	NA		7		NA	85	
Incline Chest Flys (dumbbell)	NA		7		NA	85	
One Arm Horizontal Row (dumbbell)	NA		7		NA	85	

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WorkoutCard

Disc 29 - Plyo Legs — 50 mins

Exercises	Target Wt	Actual Wt	Target Reps	Actual Reps	OneRM	% of OneRM	Notes
Squats (dumbbell)	NA		12		NA	70	
Down- Up Jumps	NA		NA		NA	NA	
Step Up with Hand Weights (dumbell)	NA		12		NA	70	
Butt Kicks Over Step	NA		NA		NA	NA	
Close Stance One Leg Squats (dumbbell)	NA		12		NA	70	
Rock Climbers on Floor	NA		NA		NA	NA	
Drop Side Lunge onto Step (dumbbell)	NA		12		NA	70	
Straddle Down jump Up with Knee Lift	NA		NA		NA	NA	
Back Lunge Alternating off Step (dumbbell)	NA		12		NA	70	
Explosive Running Man	NA		NA		NA	NA	
Deadlifts Wide Stance (dumbbell)	NA		12		NA	70	
Lateral Crossovers on Step with Weight	NA		NA		NA	NA	
Drop Side Lunge on Floor into Leg Abduction (dumbbell)	NA		12		NA	70	
Squat thrust and Jump onto box and Step Off	NA		NA		NA	NA	
Alternating Front Lunge (dumbbell)	NA		12		NA	70	
Lunge taps on Step with Finger tips touching	NA		NA		NA	NA	
Static Lunge (dumbell)	NA		12		NA	70	
Half Turn Jumps Right Side	NA		NA		NA	NA	
One Leg Sit N Slide with Paper Plate	NA		12		NA	70	
Plyo Jacks	NA		NA		NA	NA	
Plie Squats Alternating Hand (dumbbell)	NA		12		NA	70	
Tuck Jumps	NA		NA		NA	NA	
One Leg Elevated Lunges	NA		12		NA	70	
Half Turn Jumps Left Side	NA		NA		NA	NA	
Sit N Stands (dumbbell)	NA		12		NA	70	
Power Scissors Alternating	NA		NA		NA	NA	
Sequential Lunge Into Front Kick Combo	NA		12		NA	70	
Slow Air jacks	NA		NA		NA	NA	

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WorkoutCard

Disc 30 - Shoulders, Biceps and Triceps — 61 mins

Exercises	Target Wt	Actual Wt	Target Reps	Actual Reps	OneRM	% of OneRM	Notes
Standing Barbell Front Press	NA		12		NA	50	
Standing Barbell Front Press	NA		12		NA	50	
Standing Barbell Front Press	NA		7		NA	85	
Barbell Curl	NA		7		NA	85	
Flat Bench Tricep Extensions (dumbbell)	NA		7		NA	85	
Standing Barbell Front Press	NA		7		NA	85	
Barbell Curl	NA		7		NA	85	
Flat Bench Tricep Extensions (dumbbell)	NA		7		NA	85	
Standing Barbell Front Press	NA		7		NA	85	
Barbell Curl	NA		7		NA	85	
Flat Bench Tricep Extensions (dumbbell)	NA		7		NA	85	
Standing Barbell Front Press	NA		7		NA	85	
Barbell Curl	NA		7		NA	85	
Flat Bench Tricep Extensions (dumbbell)	NA		7		NA	85	
Seated Lateral Raise (dumbbell)	NA		7		NA	85	
Incline Curls on Stablity Ball (dumbbell)	NA		7		NA	85	
Seated Overhead Extensions One Arm (dumbbell)	NA		7		NA	85	
Seated Lateral Raise (dumbbell)	NA		7		NA	85	
Incline Curls on Stablity Ball (dumbbell)	NA		7		NA	85	
Seated Overhead Extensions One Arm (dumbbell)	NA		7		NA	85	
Seated Lateral Raise (dumbbell)	NA		7		NA	85	
Incline Curls on Stablity Ball (dumbbell)	NA		7		NA	85	
Seated Overhead Extensions One Arm (dumbbell)	NA		7		NA	85	
Seated Lateral Raise (dumbbell)	NA		7		NA	85	
Incline Curls on Stablity Ball (dumbbell)	NA		7		NA	85	
Seated Overhead Extensions One Arm (dumbbell)	NA		7		NA	85	
Seated Rear Delts (dumbbell)	NA		7		NA	85	
Seated Concentration Curls (dumbbell)	NA		7		NA	85	
Cross Body Kickbacks (dumbbell)	NA		7		NA	85	
Seated Rear Delts (dumbbell)	NA		7		NA	85	
Seated Concentration Curls (dumbbell)	NA		7		NA	85	
Cross Body Kickbacks (dumbbell)	NA		7		NA	85	
Seated Rear Delts (dumbbell)	NA		7		NA	85	
Seated Concentration Curls (dumbbell)	NA		7		NA	85	
Cross Body Kickbacks (dumbbell)	NA		7		NA	85	
Seated Rear Delts (dumbbell)	NA		7		NA	85	
Seated Concentration Curls (dumbbell)	NA		7		NA	85	
Cross Body Kickbacks (dumbbell)	NA		7		NA	85	

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WorkoutCard

Disc 31 - Chest & Back — 68 mins

Exercises	Target Wt	Actual Wt	Target Reps	Actual Reps	OneRM	% of OneRM	Notes
Flat Bench Press (barbell)	NA		12		NA	50	
Flat Bench Press (barbell)	NA		12		NA	50	
Flat Bench Press (barbell)	NA		6		NA	90	
Barbell Rows	NA		6		NA	90	
Flat Bench Press (barbell)	NA		6		NA	90	
Barbell Rows	NA		6		NA	90	
Flat Bench Press (barbell)	NA		6		NA	90	
Barbell Rows	NA		6		NA	90	
Flat Bench Press (barbell)	NA		6		NA	90	
Barbell Rows	NA		6		NA	90	
Chest Flys (Flat Bench) (dumbbell)	NA		6		NA	90	
One Arm Row (dumbbell)	NA		6		NA	90	
Chest Flys (Flat Bench) (dumbbell)	NA		6		NA	90	
One Arm Row (dumbbell)	NA		6		NA	90	
Chest Flys (Flat Bench) (dumbbell)	NA		6		NA	90	
One Arm Row (dumbbell)	NA		6		NA	90	
Chest Flys (Flat Bench) (dumbbell)	NA		6		NA	90	
One Arm Row (dumbbell)	NA		6		NA	90	
Incline Bench Press (barbell)	NA		6		NA	90	
Deadlifts (barbell)	NA		6		NA	90	
Incline Bench Press (barbell)	NA		6		NA	90	
Deadlifts (barbell)	NA		6		NA	90	
Incline Bench Press (barbell)	NA		6		NA	90	
Deadlifts (barbell)	NA		6		NA	90	
Incline Bench Press (barbell)	NA		6		NA	90	
Deadlifts (barbell)	NA		6		NA	90	
Incline Chest Flys (dumbbell)	NA		6		NA	90	
One Arm Horizontal Row (dumbbell)	NA		6		NA	90	
Incline Chest Flys (dumbbell)	NA		6		NA	90	
One Arm Horizontal Row (dumbbell)	NA		6		NA	90	
Incline Chest Flys (dumbbell)	NA		6		NA	90	
One Arm Horizontal Row (dumbbell)	NA		6		NA	90	
Incline Chest Flys (dumbbell)	NA		6		NA	90	
One Arm Horizontal Row (dumbbell)	NA		6		NA	90	

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WorkoutCard

Disc 32 - Plyo Legs — 48 mins

Exercises	Target Wt	Actual Wt	Target Reps	Actual Reps	OneRM	% of OneRM	Notes
Lateral Step Ups (dumbbell)	NA		12		NA	70	
Sit N Stand Up with Jump and Weight in Hand (dumbbell)	NA		NA		NA	NA	
Walking Lunges (dumbell)	NA		12		NA	NA	
Reach and Tap Corner of Step with weighted Gloves	NA		NA		NA	NA	
Step Up with Hand Weights (dumbell)	NA		12		NA	70	
Butt Kicks Over Step	NA		NA		NA	NA	
Close Stance One Leg Squats (dumbbell)	NA		12		NA	70	
Rock Climbers on Floor	NA		NA		NA	NA	
Drop Side Lunge onto Step (dumbbell)	NA		12		NA	70	
Straddle Down jump Up with Knee Lift	NA		NA		NA	NA	
Back Lunge Alternating off Step (dumbbell)	NA		12		NA	70	
Explosive Running Man	NA		NA		NA	NA	
Deadlifts Wide Stance (dumbbell)	NA		12		NA	70	
Lateral Crossovers on Step with Weight	NA		NA		NA	NA	
Drop Side Lunge on Floor into Leg Abduction (dumbbell)	NA		12		NA	70	
Squat thrust and Jump onto box and Step Off	NA		NA		NA	NA	
Alternating Front Lunge (dumbbell)	NA		12		NA	70	
Lunge taps on Step with Finger tips touching	NA		NA		NA	NA	
Alternating Side Lunge (dumbbell)	NA		12		NA	70	
Band Hop One leg and Turn corner hop with other le	NA		NA		NA	NA	
One Legged Deadlifts (dumbbell)	NA		12		NA	70	
One Leg Squat Thrust Switch After 15 Seconds	NA		NA		NA	NA	
Squats Narrow Stance (dumbbell)	NA		12		NA	70	
Lateral Jumps over Step Platform	NA		NA		NA	NA	
Low Lunge/Squat Combo	NA		12		NA	70	
Slow Straddle Jumps	NA		NA		NA	NA	

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WorkoutCard

Disc 33 - Shoulders, Biceps and Triceps — 61 mins

Exercises	Target Wt	Actual Wt	Target Reps	Actual Reps	OneRM	% of OneRM	Notes
Standing Barbell Front Press	NA		12		NA	50	
Standing Barbell Front Press	NA		12		NA	50	
Standing Barbell Front Press	NA		6		NA	90	
Barbell Curl	NA		6		NA	90	
Flat Bench Tricep Extensions (dumbbell)	NA		6		NA	90	
Standing Barbell Front Press	NA		6		NA	90	
Barbell Curl	NA		6		NA	90	
Flat Bench Tricep Extensions (dumbbell)	NA		6		NA	90	
Standing Barbell Front Press	NA		6		NA	90	
Barbell Curl	NA		6		NA	90	
Flat Bench Tricep Extensions (dumbbell)	NA		6		NA	90	
Standing Barbell Front Press	NA		6		NA	90	
Barbell Curl	NA		6		NA	90	
Flat Bench Tricep Extensions (dumbbell)	NA		6		NA	90	
Seated Lateral Raise (dumbbell)	NA		6		NA	90	
Incline Curls on Stablity Ball (dumbbell)	NA		6		NA	90	
Seated Overhead Extensions One Arm (dumbbell)	NA		6		NA	90	
Seated Lateral Raise (dumbbell)	NA		6		NA	90	
Incline Curls on Stablity Ball (dumbbell)	NA		6		NA	90	
Seated Overhead Extensions One Arm (dumbbell)	NA		6		NA	90	
Seated Lateral Raise (dumbbell)	NA		6		NA	90	
Incline Curls on Stablity Ball (dumbbell)	NA		6		NA	90	
Seated Overhead Extensions One Arm (dumbbell)	NA		6		NA	90	
Seated Lateral Raise (dumbbell)	NA		6		NA	90	
Incline Curls on Stablity Ball (dumbbell)	NA		6		NA	90	
Seated Overhead Extensions One Arm (dumbbell)	NA		6		NA	90	
Seated Rear Delts (dumbbell)	NA		6		NA	90	
Seated Concentration Curls (dumbbell)	NA		6		NA	90	
Cross Body Kickbacks (dumbbell)	NA		6		NA	90	
Seated Rear Delts (dumbbell)	NA		6		NA	90	
Seated Concentration Curls (dumbbell)	NA		6		NA	90	
Cross Body Kickbacks (dumbbell)	NA		6		NA	90	
Seated Rear Delts (dumbbell)	NA		6		NA	90	
Seated Concentration Curls (dumbbell)	NA		6		NA	90	
Cross Body Kickbacks (dumbbell)	NA		6		NA	90	
Seated Rear Delts (dumbbell)	NA		6		NA	90	
Seated Concentration Curls (dumbbell)	NA		6		NA	90	
Cross Body Kickbacks (dumbbell)	NA		6		NA	90	

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WorkoutCard

Disc 34 - Chest & Back — 68 mins

Exercises	Target Wt	Actual Wt	Target Reps	Actual Reps	OneRM	% of OneRM	Notes
Flat Bench Press (barbell)	NA		12		NA	50	
Flat Bench Press (barbell)	NA		12		NA	50	
Flat Bench Press (barbell)	NA		8		NA	85	
Barbell Rows	NA		8		NA	85	
Flat Bench Press (barbell)	NA		8		NA	85	
Barbell Rows	NA		8		NA	85	
Flat Bench Press (barbell)	NA		8		NA	85	
Barbell Rows	NA		8		NA	85	
Flat Bench Press (barbell)	NA		8		NA	85	
Barbell Rows	NA		8		NA	85	
Chest Flys (Flat Bench) (dumbbell)	NA		8		NA	85	
One Arm Row (dumbbell)	NA		8		NA	85	
Chest Flys (Flat Bench) (dumbbell)	NA		8		NA	85	
One Arm Row (dumbbell)	NA		8		NA	85	
Chest Flys (Flat Bench) (dumbbell)	NA		8		NA	85	
One Arm Row (dumbbell)	NA		8		NA	85	
Chest Flys (Flat Bench) (dumbbell)	NA		8		NA	85	
One Arm Row (dumbbell)	NA		8		NA	85	
Incline Bench Press (barbell)	NA		8		NA	85	
Deadlifts (barbell)	NA		8		NA	85	
Incline Bench Press (barbell)	NA		8		NA	85	
Deadlifts (barbell)	NA		8		NA	85	
Incline Bench Press (barbell)	NA		8		NA	85	
Deadlifts (barbell)	NA		8		NA	85	
Incline Bench Press (barbell)	NA		8		NA	85	
Deadlifts (barbell)	NA		8		NA	85	
Incline Chest Flys (dumbbell)	NA		8		NA	85	
One Arm Horizontal Row (dumbbell)	NA		8		NA	85	
Incline Chest Flys (dumbbell)	NA		8		NA	85	
One Arm Horizontal Row (dumbbell)	NA		8		NA	85	
Incline Chest Flys (dumbbell)	NA		8		NA	85	
One Arm Horizontal Row (dumbbell)	NA		8		NA	85	
Incline Chest Flys (dumbbell)	NA		8		NA	85	
One Arm Horizontal Row (dumbbell)	NA		8		NA	85	

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WorkoutCard

Disc 35 - Plyo Legs — 49 mins

Exercises	Target Wt	Actual Wt	Target Reps	Actual Reps	OneRM	% of OneRM	Notes
Lateral Step Ups (dumbbell)	NA		12		NA	70	
Sit N Stand Up with Jump and Weight in Hand (dumbbell)	NA		NA		NA	NA	
Walking Lunges (dumbell)	NA		12		NA	70	
Reach and Tap Corner of Step with weighted Gloves	NA		NA		NA	NA	
Alternating Side Lunge (dumbbell)	NA		12		NA	70	
Band Hop One leg and Turn corner hop with other le	NA		NA		NA	NA	
One Legged Deadlifts (dumbbell)	NA		12		NA	70	
One Leg Squat Thrust Switch After 15 Seconds	NA		NA		NA	NA	
Squats Narrow Stance (dumbbell)	NA		12		NA	70	
Lateral Jumps over Step Platform	NA		NA		NA	NA	
Low Lunge/Squat Combo	NA		12		NA	70	
Slow Straddle Jumps	NA		NA		NA	NA	
Stiff Legged Deadlift (barbell)	NA		12		NA	70	
Squat Jumps	NA		NA		NA	NA	
Static Lunge (dumbell)	NA		12		NA	70	
Half Turn Jumps Right Side	NA		NA		NA	NA	
One Leg Sit N Slide with Paper Plate	NA		12		NA	70	
Plyo Jacks	NA		NA		NA	NA	
Plie Squats Alternating Hand (dumbbell)	NA		12		NA	70	
Tuck Jumps	NA		NA		NA	NA	
One Leg Elevated Lunges	NA		12		NA	70	
Half Turn Jumps Left Side	NA		NA		NA	NA	
Sit N Stands (dumbbell)	NA		12		NA	70	
Power Scissors Alternating	NA		NA		NA	NA	
Sequential Lunge Into Front Kick Combo	NA		12		NA	70	
Slow Air jacks	NA		NA		NA	NA	

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WorkoutCard

Disc 36 - Shoulders, Biceps and Triceps — 61 mins

Exercises	Target Wt	Actual Wt	Target Reps	Actual Reps	OneRM	% of OneRM	Notes
Standing Barbell Front Press	NA		12		NA	50	
Standing Barbell Front Press	NA		12		NA	50	
Standing Barbell Front Press	NA		8		NA	85	
Barbell Curl	NA		8		NA	85	
Flat Bench Tricep Extensions (dumbbell)	NA		8		NA	85	
Standing Barbell Front Press	NA		8		NA	85	
Barbell Curl	NA		8		NA	85	
Flat Bench Tricep Extensions (dumbbell)	NA		8		NA	85	
Standing Barbell Front Press	NA		8		NA	85	
Barbell Curl	NA		8		NA	85	
Flat Bench Tricep Extensions (dumbbell)	NA		8		NA	85	
Standing Barbell Front Press	NA		8		NA	85	
Barbell Curl	NA		8		NA	85	
Flat Bench Tricep Extensions (dumbbell)	NA		8		NA	85	
Seated Lateral Raise (dumbbell)	NA		8		NA	85	
Incline Curls on Stablity Ball (dumbbell)	NA		8		NA	85	
Seated Overhead Extensions One Arm (dumbbell)	NA		8		NA	85	
Seated Lateral Raise (dumbbell)	NA		8		NA	85	
Incline Curls on Stablity Ball (dumbbell)	NA		8		NA	85	
Seated Overhead Extensions One Arm (dumbbell)	NA		8		NA	85	
Seated Lateral Raise (dumbbell)	NA		8		NA	85	
Incline Curls on Stablity Ball (dumbbell)	NA		8		NA	85	
Seated Overhead Extensions One Arm (dumbbell)	NA		8		NA	85	
Seated Lateral Raise (dumbbell)	NA		8		NA	85	
Incline Curls on Stablity Ball (dumbbell)	NA		8		NA	85	
Seated Overhead Extensions One Arm (dumbbell)	NA		8		NA	85	
Seated Rear Delts (dumbbell)	NA		8		NA	85	
Seated Concentration Curls (dumbbell)	NA		8		NA	85	
Cross Body Kickbacks (dumbbell)	NA		8		NA	85	
Seated Rear Delts (dumbbell)	NA		8		NA	85	
Seated Concentration Curls (dumbbell)	NA		8		NA	85	
Cross Body Kickbacks (dumbbell)	NA		8		NA	85	
Seated Rear Delts (dumbbell)	NA		8		NA	85	
Seated Concentration Curls (dumbbell)	NA		8		NA	85	
Cross Body Kickbacks (dumbbell)	NA		8		NA	85	
Seated Rear Delts (dumbbell)	NA		8		NA	85	
Seated Concentration Curls (dumbbell)	NA		8		NA	85	
Cross Body Kickbacks (dumbbell)	NA		8		NA	85	

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WorkoutCard

Disc 37 - Legs - Squat Rack — 63 mins

Exercises	Target Wt	Actual Wt	Target Reps	Actual Reps	OneRM	% of OneRM	Notes
Squats (barbell)	NA		12		NA	50	
Squats (barbell)	NA		12		NA	50	
Squats (barbell)	NA		8		NA	80	
Squats (barbell)	NA		8		NA	80	
Squats (barbell)	NA		8		NA	80	
Squats (barbell)	NA		8		NA	80	
Deadlifts (barbell)	NA		8		NA	80	
Deadlifts (barbell)	NA		8		NA	80	
Deadlifts (barbell)	NA		8		NA	80	
Deadlifts (barbell)	NA		8		NA	80	
Front Squat (barbell)	NA		8		NA	80	
Front Squat (barbell)	NA		8		NA	80	
Front Squat (barbell)	NA		8		NA	80	
Front Squat (barbell)	NA		8		NA	80	
Static Lunge (barbell)	NA		8		NA	80	
Static Lunge (barbell)	NA		8		NA	80	
Static Lunge (barbell)	NA		8		NA	80	
Static Lunge (barbell)	NA		8		NA	80	

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WorkoutCard

Disc 38 - Legs - Squat Rack — 62 mins

Exercises	Target Wt	Actual Wt	Target Reps	Actual Reps	OneRM	% of OneRM	Notes
Squats (barbell)	NA		12		NA	50	
Squats (barbell)	NA		12		NA	50	
Squats (barbell)	NA		7		NA	85	
Squats (barbell)	NA		7		NA	85	
Squats (barbell)	NA		7		NA	85	
Squats (barbell)	NA		7		NA	85	
Deadlifts (barbell)	NA		7		NA	85	
Deadlifts (barbell)	NA		7		NA	85	
Deadlifts (barbell)	NA		7		NA	85	
Deadlifts (barbell)	NA		7		NA	85	
Front Squat (barbell)	NA		7		NA	85	
Front Squat (barbell)	NA		7		NA	85	
Front Squat (barbell)	NA		7		NA	85	
Front Squat (barbell)	NA		7		NA	85	
Static Lunge (barbell)	NA		7		NA	85	
Static Lunge (barbell)	NA		7		NA	85	
Static Lunge (barbell)	NA		7		NA	85	
Static Lunge (barbell)	NA		7		NA	85	

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WorkoutCard

Disc 39 - Legs - Squat Rack — 62 mins

Exercises	Target Wt	Actual Wt	Target Reps	Actual Reps	OneRM	% of OneRM	Notes
Squats (barbell)	NA		12		NA	50	
Squats (barbell)	NA		12		NA	50	
Squats (barbell)	NA		6		NA	90	
Squats (barbell)	NA		6		NA	90	
Squats (barbell)	NA		6		NA	90	
Squats (barbell)	NA		6		NA	90	
Deadlifts (barbell)	NA		6		NA	90	
Deadlifts (barbell)	NA		6		NA	90	
Deadlifts (barbell)	NA		6		NA	90	
Deadlifts (barbell)	NA		6		NA	90	
Front Squat (barbell)	NA		6		NA	90	
Front Squat (barbell)	NA		6		NA	90	
Front Squat (barbell)	NA		6		NA	90	
Front Squat (barbell)	NA		6		NA	90	
Static Lunge (barbell)	NA		6		NA	90	
Static Lunge (barbell)	NA		6		NA	90	
Static Lunge (barbell)	NA		6		NA	90	
Static Lunge (barbell)	NA		6		NA	90	

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WorkoutCard

Disc 40 - Legs - Squat Rack — 62 mins

Exercises	Target Wt	Actual Wt	Target Reps	Actual Reps	OneRM	% of OneRM	Notes
Squats (barbell)	NA		12		NA	50	
Squats (barbell)	NA		12		NA	50	
Squats (barbell)	NA		8		NA	85	
Squats (barbell)	NA		8		NA	85	
Squats (barbell)	NA		8		NA	85	
Squats (barbell)	NA		8		NA	85	
Deadlifts (barbell)	NA		8		NA	85	
Deadlifts (barbell)	NA		8		NA	85	
Deadlifts (barbell)	NA		8		NA	85	
Deadlifts (barbell)	NA		8		NA	85	
Front Squat (barbell)	NA		8		NA	85	
Front Squat (barbell)	NA		8		NA	85	
Front Squat (barbell)	NA		8		NA	85	
Front Squat (barbell)	NA		8		NA	85	
Static Lunge (barbell)	NA		8		NA	85	
Static Lunge (barbell)	NA		8		NA	85	
Static Lunge (barbell)	NA		8		NA	85	
Static Lunge (barbell)	NA		8		NA	85	